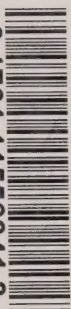


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Air Stage Subsidy Monitoring Program
Final Report
Volume 3: Quebec Results

Prepared for
The Department of Indian Affairs and Northern Development

by
Judith Lawn
Neima Langner
Dialogos Educational Consultants Inc.

March 1994

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Executive Summary

In the fall of 1992, Santé Québec conducted a comprehensive health survey of Quebec Inuit adults of 15 years of age and over. The survey included a nutrition component – a 24-hour diet recall and a modified food frequency questionnaire. Questions related to changes in consumption of store foods and price perception were also included in order to determine the impact of changes to the air stage subsidy.

Compared to other Inuit communities, Quebec Inuit appear to have more education. Food security was a serious issue to one third of women and was a more serious issue to women than to men. The level of concern over alcohol and drug abuse and family violence was similar to that reported in Nain and Davis Inlet and higher than in most NWT communities. As in other Inuit communities, smoking rates were alarmingly high, especially among women of child-bearing age. Quebec Inuit had the lowest self-rating of health of all communities in our study.

The 24-hour diet recall was administered to 156 women under age 45, 134 men under 45, 78 women and 57 men 45 years of age or over. It found very low intakes of calcium among all adults, very low folacin intakes among older adults and less than adequate folacin among men and women under 45. Older women had significantly less folacin than other adults. Men and women under 45 also had a significantly higher intake of carbohydrate compared to older adults. Vitamin A intake was inadequate for men under 45, and for older adults. All groups were consuming more fat (and saturated fat) than recommended.

Country food is very important to the diet but adults under 45 consume significantly less than older adults. Store foods, especially perishables, are extremely important to the diet of those under 45, as a major source of calcium, vitamin A and folacin. The reported consumption of foods of little nutritional value was lower than in NWT communities but much higher among those under 45 than among older adults.

Improvements in quality and availability of nutritious perishables appear to have resulted in a higher consumption of these foods but higher prices were believed responsible for a lower consumption of some perishable dairy products. Price increases were perceived as partly responsible for a lower consumption of some non-perishable foods but the effect was marginal.

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Introduction

In the 1960s a food mail service was established permitting food to be mailed at subsidized rates to isolated communities in northern Quebec. In 1981 when the Post Office Department became Canada Post Corporation it continued to provide this service at a loss. In 1986 the federal government decided to subsidize Canada Post by \$19 million a year to cover losses, but to gradually phase out the subsidy by \$1 million a year. On January 31, 1990 Canada Post increased the food mail rates and introduced some additional restrictions regarding eligibility of goods. In response to community concerns over the eventual removal of the subsidy, the Department of Indian Affairs and Northern Development conducted an exhaustive review of the program. In 1990, investigators held public meetings in a number of isolated communities in the Northwest Territories (NWT), Labrador, Ontario and in the Hudson/Ungava region of northern Quebec. In Quebec, they met with Kativik Regional Government, municipal authorities, health and social services representatives and local merchants. The report, "Food for the North", released in May 1991, documented a number of nutrition-related health problems affecting northern Native people, especially pregnant women, infants and young children. It also noted the growing reliance on store-bought food and the general concern over the high cost of nutritious food.

In response to this report the government changed the structure of the Air Stage Subsidy. To ensure equal access to nutritious foods, all northern isolated communities throughout Canada became eligible for the service, thus including Labrador and other NWT regions outside the Baffin. "Foods of little nutritional value" were no longer to be subsidized. Rates for nutritious perishable foods and non-perishable foods were to become more uniform among regions. Toward this end, the rate for perishables and non-perishables in Quebec increased from \$.64 to \$.75 /kg on October 1, 1991. The rate for perishables in the NWT was reduced from \$2.10/kg to \$1.50/kg while non-perishable rates remained at \$2.15/kg. On October 1, 1992, rates for "nutritious perishables" were further reduced in the NWT to \$1.20/kg and increased to \$.80 in the provinces. Non-perishable rates also increased in the provinces to \$.90/kg.

In 1991, the Department of Indian Affairs and Northern Development assumed responsibility for the administration of the air stage program. It initiated a monitoring program to evaluate the impact of the price changes on food prices, food consumption, nutrition and health.

The monitoring program examined the impact of changes in Phase I (October 1, 1991) and Phase II (October 1, 1992). It had two major components: (1) A food price survey was conducted in 24 isolated communities eligible for the subsidy as well as staging points and relevant southern centres between 1991 and 1993. Its aim was to determine the impact of food prices on the cost of a nutritious diet, particularly for those on social assistance and earning minimum wage. (2) A food consumption survey of women aged 15 to 45 was conducted to determine the impact on consumption, health and nutritional status. The food price survey results are presented in Volume 1 of this final report. Volume 2 presents the results of the food consumption surveys. The present volume examines relevant information

from the Santé Québec Inuit Health Survey and compares the results to the findings reported for other Inuit communities in this study.

Study Design

Sampling

The Santé Québec Inuit Health Survey included 14 Inuit communities on the Hudson and Ungava coasts of northern Quebec. The target group was the non-institutionalized residential population of these fourteen communities. The survey was designed in collaboration with the Kativik Regional Council of Health and Social Services (Le Conseil régional de la santé et des services sociaux).

Two separate sources of data were used to compile the list of households, which formed the sampling frame for the 14 Inuit communities in this survey. The Regional Council of Health and Social Services provided lists for all the villages. However, there were serious problems with some of the lists, which were not necessarily organized by household. In those cases, supplementary lists were obtained from the housing department. The lists were then reviewed by community representatives and interviewers before the start of the interviews and a final list of study subjects was compiled.

The aim was to sample 400 households to ensure sufficient precision (coefficient of variation less than 10%) at a regional level of estimates on survey questions with a prevalence greater than 10%. In order to achieve an optimum geographical distribution of participants, the households on the community lists were ordered based on location and then systematically sampled. The total number of households and the number sampled are shown below:

Community	Total households	Households sampled
Akulivik	77	22
Aupaluk	22	6
Inukjuak	210	61
Ivujivik	47	14
Kangiqsualujjuaq	102	30
Kangiqsujuaq	70	20
Kangirsuk	70	20
Kuujjuaq	234	68
Kuujjuarapik	114	33
Povungnituk	187	54
Quaqtaq	46	13
Salluit	110	32
Tasiujaq	29	9
Umiujaq	60	18
Total	1378	400

Since the sampling scheme did not accord everyone an equal chance of being selected for the study and since non-response rates varied by age and sex, there was a weighting scheme to make the data more representative of the general population. The data in the final report of the Inuit Health Survey are weighted according to this scheme. The present report presents results on four age-sex groups, and reports unweighted data only.

In each household one respondent age 18 or over was selected to provide information on all individuals living in the house (household questionnaire). All individuals in the household age 15 and over were then asked to respond to an individual questionnaire. All persons in the household aged 18 to 74 had physical measures performed and participated in a 24-hour dietary recall. In addition women completed a food frequency questionnaire and two additional questions on price perception and changes in food consumption. Pregnant and lactating women were excluded from the 24-hour recall and the food frequency questionnaires.

Sample Size

The following represents the number of respondents by question:

	Age <45		Age 45+		Total
	Females	Males	Females	Males	
Questionnaire					
Household (1567)	171	30	86	18	305
Individual	266	202	82	65	615
Confidential	212	162	36	36	446
Changes in Food Consumption	210		68		278
Price Perception	175		82		257
24-hour Recall	156	134	78	57	425
Food Frequency	149		74		223

Assessment Tools

General Questionnaire

The Santé Québec Inuit Health Survey included a household, individual and confidential questionnaire. All participants completed questions related to socio-demographic information, health and lifestyle, e.g. activity level, smoking, alcohol and illicit drug use, perception of the severity of social problems related to physical/verbal violence between husband and wife and

alcohol/drug abuse, and a question related to food security. Questions were included in the individual questionnaire on the frequency of consumption of certain vegetables and country foods. Questions on changes in consumption of store foods and price perception were administered only to women respondents. The complete questionnaire was pretested in the communities.

24-Hour Diet Recall

Respondents were asked by a trained interviewer to recall all food and beverages consumed over the past 24 hours. Detailed descriptions of each food or beverage, including the cooking method and brand names, if possible, were carefully recorded. Quantities of food or beverages were estimated using graduated food models. These included standardized volume measures in graduated shapes (e.g. mounds), surface area models for sliced food, thickness models, graduated glasses and coffee mugs and an assortment of spoons. Respondents were asked to recall any nutritional supplements (and their Drug Identification Number) which they usually take and their consumption of these products during the past 24 hours.

The 24-hour diet recall is considered a reliable instrument for obtaining quantitative information about the food consumption of an individual or group. To accurately assess the usual nutrient intake of an individual would require repeated 24-hour diet recalls on non-consecutive days. The number of days would depend on the day-to-day variation of the nutrients. For most studies three days are considered adequate. A single dietary recall can generally provide good estimates of the average usual intakes of a group provided that the days of the week are equally represented, the subjects are representative of the population under study, and inter-individual variation compensates for intra-individual variation. Thus, mean nutrient intakes of a group can generally be assessed more accurately than individual intakes, and based on a single 24-hour diet recall it would be only proper to report mean group intakes.

Food Frequency Questionnaire

A modified food frequency questionnaire was developed in collaboration with the Bureau of Nutritional Sciences, Health Canada and administered to all females. The questionnaire was translated into the local dialect. Food models similar to those used for the Nutrition Canada and Nova Scotia Surveys were developed by Santé Québec for use with the 24-hour diet recall and food frequency questionnaire.

The food frequency questionnaire generally requires less precision in the estimation of usual serving size but to improve accuracy, food models were used to describe serving size. The questionnaire sought information on 65 specific country and store foods. The frequency of consumption was recorded by season (over the past year) for country foods and over the past month for store foods.

Training of Surveyors and Administration of the Questionnaire

Registered nurses were trained by Santé Québec in the methodology of the 24-hour diet recall and the food frequency questionnaire. The training manual developed for use in the Food Mail Nutrition Survey was adapted for use with this group. The survey was conducted from the latter part of September to the end of November 1992.

Respondents were screened by the interviewers to eliminate those who did not qualify for reasons of age, health or pregnancy. The purpose of the survey was explained to each respondent. Respondents who were willing to participate signed a consent form before proceeding with the interview. The questionnaire was administered by the nurse with the assistance of an interpreter for individuals who did not understand English.

Data Analysis

The Bureau of Nutritional Sciences, Health Canada entered the data and analyzed nutrients in the 24-hour diet recall using the 1991 Canadian Nutrient File and the CANDI program. Nutrient data for a number of country foods were compiled from the scientific literature and the Alaska Area Native Health Service. All the data from the 24-hour recall, the food frequency and the questionnaire were then downloaded through an ASCII file and imported into SYSTAT (Evanston, Ill.) for analysis.

The information obtained from the 24-hour diet recall was analyzed by age-sex group according to 13 food groups and according to classification as perishable food, non-perishable food and food of little nutritional value (LNV) as defined for the purpose of the Air Stage Subsidy program. The classification of food categories and the division into the 13 food groups are shown in Appendix III. Country foods were treated as a separate category in the meat, fish and poultry group. Miscellaneous foods included those which did not fit easily into any category (e.g. seasonings, soups, canned dinners, sauces, salad dressings, tea, coffee and frozen combination dinners). The LNV category includes foods which do not qualify for the subsidy. Most of these foods are foods high in sugar, salt or fat (e.g. soft drinks, potato chips, candy, chocolate bars, fruit drinks without vitamin C added, frozen or ready-to-eat sweetened prepared baked goods, coffee whitener, popsicles, prepared submarine sandwiches, alcohol).

Mean intake of energy and essential nutrients was expressed as a percentage of the 1990 Recommended Nutrient Intakes (RNI) established by Health and Welfare Canada for people of different age and sex. Calculating the mean as a percent of the RNI enables an evaluation of how adequately the group satisfies its nutrient requirements. For vitamin C, the basic RNI was increased by 50% to meet the needs of smokers. It is important to recognize that an individual is not necessarily malnourished if he/she does not meet this recommended level but the lower the percentage of the RNI, the greater the possibility that this is the case. If the group mean intake and percentage of the RNI is low, some would be at risk for that nutrient.

Even if the group mean and percentage of the RNI appear to be adequate, individuals within this group may be at risk. However, even this approach has its limitations since food consumption patterns may vary widely according to seasons and availability of country foods.

Mean nutrient intake was also analyzed according to age and sex. Relationships between variables or groups were analyzed using chi-square tests for categorical data and t-tests or analysis of variance to examine differences between means of continuous variables. Information on mean nutrient intake and percentage of energy and key nutrients for Quebec women under 45 is presented with similar information for the other Inuit women in the Food Mail Nutrition Survey .

The results of the food frequency questionnaire were analyzed by two age groups (under 45, 45 and over) according to mean weekly amounts of selected foods. Foods were not grouped together as in the survey of Inuit and Indian women from other regions because the type and number of foods differed. The Quebec Inuit Health Survey had a more detailed list of country organ meats and fats and a much shorter list of store foods.

Questionnaire data were analyzed by age and sex group, with frequencies, cross tabulations and means where appropriate, again using chi-square tests and analysis of variance as required to test for the differences between groups. The section of the questionnaire on food purchasing was only asked of respondents who generally buy food for the household. Percentages are reported based on the respondents who answered these questions.

Body mass index (BMI) was used as a measure of weight to height ratio. BMI was calculated as weight (in kg.) divided by height (in metres) squared (w/h^2). A BMI of 20 to 25 is considered to be a healthy range for most adults and BMI values below 20 and above 27 are associated with an increased risk of mortality. A BMI above 25 combined with a waist-hip ratio greater than 0.85 in women and 1.0 in men is associated with a higher risk of cardiovascular disease and diabetes.

Results

Community Profiles

The communities included in the survey are located along the Hudson/Ungava coast. Kuujjuaq, Povungnituk and Inukjuak are the largest centres with populations of 1405, 1091 and 1034 respectively. The other villages range from a population of 152 in Tasiujaq to 823 in Salluit. Most of the smaller villages are accessible only by small aircraft or sealift while both Kuujjuaq and Kuujjuarapik have regular jet service from major southern centres. The smaller villages have limited employment opportunities. Employment is somewhat better in Kuujjuaq and Povungnituk due to the location of a hospital in both communities and of Makivik Corporation in Kuujjuaq. Most communities have two food stores (Northern Stores owned by the North West Company and a cooperative) while larger communities usually have a convenience store as well.

Socio-Demographic Information

Table 1 summarizes the socio-demographic information for each age and sex group. Employment rates among women under 45 (53%) were similar to those reported in the Food Mail Nutrition Survey in Labrador and Ontario and higher than in the NWT. Among men, 61% were employed, 48% working full-time. In addition 4% of those under 45 and 8% of older men were employed in the hunter support program. This unique program administered by the Kativik Regional Government employs hunters to provide country food to those in need in the community. Twelve percent of women and 16% of men under 45 years of age were students.

Dependence on social assistance appears to be less than in the NWT communities¹ but this data may not be a reliable estimate since the questionnaire did not inquire specifically about whether the family was receiving social assistance. Instead social assistance was included as one of several possible responses to their major occupational status. Information from the Department of Indian Affairs and Northern Development would indicate a much higher dependence on social assistance.² About 5% reported receiving Unemployment Insurance as their major occupational status.

Income information is reported in Table 1. Because approximately half of respondents did not know their income it is not possible to provide an analysis of the data. Also the income question was not comparable to the question in the Food Mail Nutrition Survey since it inquired about "total annual personal income," whereas our questionnaire inquired about "total

¹ Source: Air Stage Monitoring Program. Final Report. Vol II. Food Consumption Survey.

² Source: Personal communications, Sectoral Policy and Program Devolution Branch, Department of Indian Affairs and Northern Development.

family income (excluding family allowance and tax credits)" in the previous month.

Educational levels of adults under 45 years of age were higher than in most other Inuit communities in the Food Mail Nutrition Survey. Everyone had some formal education, most adults in the younger group had at least some high school education and the majority of those age 45 and over reported some elementary school.

Approximately half the respondents under age 45 were married or living as a couple. Among those 45 and over, 59% of women and 74% of men were married or living as a couple and 29% of women and 13% of men were widowed. Mean household size was an average of 5.3 persons.

General Health, Lifestyle and Food Security

Almost half of those under age 45 and over 60% of older men and women rated their health as "fair" or "poor" (Table 2). This is a significantly lower self-rating than reported by other Inuit women in the Food Mail Nutrition Survey.

The mean BMI was 25.1 for women and 26.1 for men under 45 years of age, 29.1 for older women and 27.7 for older men. Smoking rates for young women were similar to those reported by Inuit women in other regions. Smoking rates were extremely high among those under 45 (women 81%, men 76%); but were also high among those age 45 and over (women 58%, men 45%) (Figure 1).

Women were less active than men and spent less time on the land. Twenty-five percent of women under 45 spent no time on the land.

Alcohol and drug abuse and physical/verbal violence between husband and wife were perceived as more serious problems by women than men and more serious by older adults than by younger adults. Alcohol and drug abuse were also cited as an "extremely serious problem" by 42% of women under age 45, 27% of young men, 57% of older women and 55% of older men. Illegal drug use was reported as an "extremely serious problem" by approximately one third of women under 45, one quarter of young men, 60% of older women and 54% of older men. Physical and verbal violence was also reported as an "extremely serious problem" by 25% of younger women and 17% of younger men and by approximately half of adults over age 45.

Nutrient Intake and Source of Nutrients

The 24-hour diet recall was completed by 156 women and 134 men under age 45, and by 78 women and 57 men over 45 years of age.

Table 3 and Figure 3 present the mean intake of energy, macronutrients and micronutrients,

the Recommended Nutrient Intake (RNI) and the percentage of the RNI obtained by each age-sex group. Table 5 contains information on the percentage of nutrients and nutrient means from food groups by age and sex. Figures 4 to 6 illustrate the major food sources of key nutrients by age and sex.

Table 4 compares the mean nutrient intake and percentage RNI of Quebec women under 45 with that of women in the Food Mail Nutrition Survey. However, caution must be exercised when comparing the data from both surveys due to differences in survey methodology. Table 6 presents the percentage of energy and key nutrients from food groups for Inuit women in the Food Mail Nutrition Survey.

Energy

For women, mean energy intake averaged 1829 calories for those under age 45 and 1623 calories for women 45 years of age and over. Caloric intake was less than recommended for older women and, among younger women, mean intake was less than reported in the Food Mail Nutrition Survey. Caloric intake among men was higher than among women, but among young men still below expected.

The meat, fish and poultry group (including country meat) was the major source of calories for all adults (26 to 31%). Country food provided 12% of energy for those under 45 and about 20% for older men and women. The contribution of other food groups differed by age. For those under 45, the other principal sources of calories were: breads and cereals (19%), LNV (18%), sweets (7%), and fats (15%). Fruits and vegetables provided 7% of energy and dairy products approximately 4%. Foods of little nutritional value appear to be a less important source of energy to the diet of Quebec women under 45 than in most other Inuit communities. Fats were a more important source of energy to older adults (24 to 26% of total energy).

Macronutrients

Protein

Average protein intakes ranged from 86 grams among women over 45 to 134.8 grams among older men, contributing 19 to 24% of total energy.

Country meat, fish and poultry were major sources of protein, providing 38% of protein intake for adults under 45 and 55% for older adults. Store meat was a more important source of protein for those under 45, providing approximately one third of total protein intake. Breads and cereals provided only 10 to 13% of protein intake. None of the other food groups was an important source of protein.

Fat

Average fat intakes ranged from 76 grams for younger women to 105 grams for men over 45 years of age providing 43% of calories for adults age 45 and over and 37% for women under 45. Twelve percent of total calories were from saturated fat. Canadian nutrition recommendations suggest a lowering of fat intake to 30% of calories and saturated fat to 10% of total calories in order to reduce the risk of cardiovascular disease. While it may be important to reduce saturated fat levels in all populations we do not know if the recommendations for total fat are realistic for this population given the arctic climate. Men had a higher average intake of cholesterol than women (390 vs 301 mg).

The fats food group (country fat, non-perishable and perishable store fats) was the most important source of fat. These foods provided 38 to 42% of fat intake for those under 45 and approximately 60% of total fat for older adults. Country food was a more important source of fat to young Quebec Inuit women than to most of the other Inuit women in the NWT communities. For those under 45, store meat was the next most important source of fat (21%). Unlike southern Canada dairy products were not an important source, providing only 1 to 6% of fat in the diet. LNV foods (mostly potato chips), were not as important a source of fat to young Quebec Inuit women as to women in most other Inuit communities, providing only 11% of total fat.

Carbohydrate

Men under 45 years of age had the highest mean carbohydrate intake, at 235 grams. Younger women had an average intake of 200 grams, which is lower than that found for most other Inuit women in this study and lower than the level reported for Inuit women by Nutrition Canada in 1972. Carbohydrate intake for adults 45 and over was only 199 grams for men and 147 grams for women – also lower than that reported among Inuit by Nutrition Canada.

Adults under 45 derived a significantly higher proportion of energy from sweets and sugar-rich foods than older Inuit, although overall reported sweet consumption was low. Sweets and LNV foods contributed 43% of carbohydrates to the diet of younger adults and about a third among older Inuit. Breads and cereals (including flour in bannock) were the major source of carbohydrate (53%) for those older adults but were not as important to younger men and women (35% and 23% respectively). Fruits and vegetables were a more important source of carbohydrate to younger adults (about 14% compared to about 9% among older Inuit).

Mean fibre intakes were much lower than recommended for optimum health. However, the recommendations for fibre are based on a high carbohydrate southern diet – a diet which is quite different from the traditional high protein, low carbohydrate and high omega-3 fatty acid diet of the Inuit. Breads and cereals were the major source of fibre for both age groups (46 to 72%). However, fruits and vegetables were a more important source of fibre to younger adults (35 and 41% for men and women respectively) than to older adults (21 and 26% of

total fibre). LNV foods supplied about 13% of total fibre.

Caffeine

Nutrition Recommendations suggest a limit of 320 mg of caffeine per day (the equivalent of four cups of coffee) and moderation (not more than two cups per day) during pregnancy. Average caffeine intakes were generally close to these maximum limits, at about 2 1/2 to 4 cups a day.

Alcohol

Alcohol is included in the LNV group. Total alcohol accounted for 1% of energy for women, 4% of caloric intake for men under 45 and 2% for men over 45.

Micronutrients

Mean nutrient intake met or exceeded the RNI for most essential nutrients. Exceptions were vitamin A in all but women under 45, and calcium and folacin in all groups (Table 3b).

Iron

Iron intake was high, averaging 121% to 283% of RNI. Mean intake among women was 16 mg and among men 20 mg.

As in the Food Mail Nutrition Survey, country meat was the major source of iron, providing 42% of iron to younger adults and about half to two thirds to men and women in the older age group. Breads and cereals were an important source of iron to all adults, supplying about one quarter of total dietary intake. Store meats were also an important source of iron to younger adults, supplying approximately 14% of total iron.

Calcium and Vitamin D

Calcium intake was significantly higher among men under 45 (average of 523 mg) than in the other age-sex groups. Younger women had a mean intake of 384 mg, an intake which meets only 55% of their RNI, and is lower than that of most Inuit women in the Food Mail Nutrition Survey. Calcium intakes were also low among older Inuit and met only 40% of the recommended requirements for older women.

The major sources of calcium differed by age and sex. The most important sources for those under age 45 were: dairy products (29% of calcium for women and 42% for men); miscellaneous non-perishables (mostly baking powder, 16% for women and 14% for men) and LNV (mostly carbonated colas and fruit drink crystals without vitamin C, 12%). For older adults, miscellaneous non-perishables (mostly baking powder) were the most important

source (41%) followed by dairy products (21% for women, 12% for men). Country food (meat, fish, poultry) also accounted for 9% of calcium intake for women and 15% for men over age 44. Breads and cereals provided 9% of calcium to older adults and 13% to the younger age group. Compared to most Inuit women in the Food Mail Nutrition Survey, Quebec women under 45 obtained more calcium from breads and cereals and less from perishable miscellaneous foods (e.g. pizza) and LNV foods.

Since Vitamin D values were unavailable for a number of country foods, we were unable to calculate the intake of this vitamin.

Vitamin A

Mean vitamin A intake ranged from a low of 590 RE among older women to a high of 791.5 RE for women under age 45, with RNI being 800 RE for women and 1000 RE for men. We were not able to find a significant difference in vitamin A intake between both groups of women due to wide inter-individual variations about the mean. Since vitamin A is concentrated in a few foods, wide inter-individual and intra-individual variation can be expected in a single 24-hour diet recall. Repeated recalls would be required to establish the validity of these findings. However, a low intake is consistent with the findings of other nutrition studies of Native women. Although women under 45 appear to almost meet daily requirements, levels are marginal and would certainly not meet the needs of lactating women, unless their diets were considerably enhanced.

Country meat and country fat were the most important sources of vitamin A. These foods supplied almost half of vitamin A for women under 45 and a quarter for men in the same age group. Country food was an even more important source to older adults (close to 60%). Vegetables (especially perishables) were the second most important source of vitamin A (about 25%). Dairy products (mostly perishable) contributed 12% of vitamin A to the diet of young men, 6% to women under 45 and less than 5% to older adults. Miscellaneous perishable foods, such as pizza, were not as important to vitamin A intake as in other Inuit communities in this study.

Vitamin C

Average vitamin C intake of adults under 45 exceeded the RNI, but among older adults met only 66% of the RNI. Fruits and vegetables (especially perishables) supplied 50 to 62% of this intake, with potatoes being an especially important source. Perishable citrus fruit and juice were an important source (30%) among women under 45. Non-perishable sweets (e.g. fruit drink crystals with vitamin C) and LNV foods (mostly potato chips) supplied 26 to 29% of vitamin C for those under 45, 17% of vitamin C for older women and 26% for men over age 45. Fruit drink crystals with added vitamin C were not as important a source of vitamin C to Quebec women under 45 as they were for most other Inuit women in the Food Mail Nutrition Survey.

Folacin

Folacin intakes were below recommended levels in all age–sex groups, with average intakes ranging from 121 mcg for young women (83% of RNI) to 171 mcg for young men (74% of RNI). Older Inuit met about two thirds of their requirements and women over age 45 had a significantly lower intake than younger women. These intakes are less than those reported in the Nova Scotia Survey but were higher than those seen in most communities in the Food Mail Nutrition Survey.

The miscellaneous non–perishables category (mostly tea) was the major food source of folacin, supplying almost half of folacin in the older age group and a quarter among those under 45. Breads and cereals provided 18% of folacin for all adults. Fruits and vegetables (especially perishable citrus) supplied 22% in the younger age group and 13% in the older group. Country meat provided 12% of folacin intake in the older age group. Perishable citrus fruit and juice were a more important source of vitamin C to women under 45 in Quebec than to Inuit women in most communities except Arctic Bay and Nain.

Thiamin, Riboflavin and Niacin

Mean intakes of thiamin, riboflavin and niacin met or exceeded Canadian recommendations. Country meat was the major source of thiamin among older men and women (approximately 35%) followed by breads and cereals (25% for men and 33% for women). These items were reversed in importance among adults under 45.

Source of Nutrients: Country vs Store Food

The contribution of country and store foods to energy and essential nutrients (based on the 24–hour recall) is presented in Tables 7 and 8 and Figure 2. Table 9 compares this information for Quebec Inuit women under 45 with other Inuit women in the Food Mail Survey.

Among adults under 45, average country food consumption was 170 grams for women and 185 grams for men. Consumption of country food was significantly higher among Inuit over 44, averaging 227 grams for women and 365 grams for men. Country food accounted for a lower percentage of total meat, poultry and fish consumption among adults under 45 (59%) compared to older adults (77%). Comparison of country food consumption with the Food Mail Nutrition Survey is difficult because of seasonal differences but average reported consumption of country food in the Quebec survey by women under 45 was less than in all of the other Inuit communities surveyed.

The following represents the mean amounts of country food and store meat, poultry and fish for the four groups:

	Country meat, fish, poultry (g)	Store meat, fish, poultry (g)
Age Under 45		
Females	169.7	110.3
Males	185.3	140.6
Age 45 and over		
Females	226.7	71.9
Males	364.7	100.2

Based on the 24-hour diet recall, country food was the principal source of protein (from 40 to 65%) and iron (42 to 65%), especially to older Inuit. Country food was the major source of fat (42%), vitamin A (57%) and thiamin (42%) for adults 44 years of age and over.

Store foods were the major source of energy, carbohydrate, calcium, vitamin C and folacin for all adults. Among those under 45, store foods were also the major source of vitamin A (56 to 68%) and thiamin (69 to 74%). The importance of perishables to nutrient intake differed significantly by age. For both men and women under 45, perishables provided approximately one third of total energy and fat (mainly from meat), about half of vitamin A (mostly from vegetables), about 40% of thiamin (mostly from meat) and 42 to 49% of folacin (mostly from citrus fruit and juice). Perishable foods (mainly citrus fruit and juice) were the major source (52%) of vitamin C for women under 45. Perishables (primarily meat) contributed almost half of protein for young men. Young Quebec women obtained a higher percentage of calcium and vitamin C from perishable foods than most other Inuit women in this study (except Arctic Bay). While perishables are clearly an important source of nutrients in this population, they are still not as important as in the south.

To adults 45 and over, non-perishables contributed almost half of energy (mostly from breads and cereals and fats), 60% of calcium (primarily baking powder) and 63% of folacin (mostly from tea).

Foods of Little Nutritional Value

Foods of little nutritional value were not a major source of any nutrient for older Inuit. However, as in the Food Mail Nutrition Survey, these foods (mostly soft drinks and fruit drink crystals without vitamin C) were an important source of carbohydrate and energy to younger people, providing approximately a third of total carbohydrate and 18% of energy. They were also a source of 11% of fat, 12% of calcium and 11% of vitamin C to this age group.

Food Frequency Questionnaire

The food frequency questionnaire was only administered to females. The results are not directly comparable with the Food Mail Nutrition Survey since the Quebec questionnaire asked about fewer store foods and contained more specific examples of country fats. Consumption of country food was based on the previous year rather than the previous month as in the Food Mail Nutrition Survey.

Table 10 presents mean weekly amounts of country foods consumed by females based on the previous year and mean weekly amounts of store foods based on the previous month. Tables 11 and 12 also provide information on selected vegetables and country foods and the percentage of adults (from each age group) who regularly consume these foods.

Country Food

For women under 45, the most important country foods, in descending order of importance, were: fresh/frozen caribou; fresh/frozen char; geese/ducks; ptarmigan; dried caribou; and beluga skin (Table 10). Small amounts of beluga (meat, liver and muktuk) and seal (meat, fat, liver), walrus and whale were also reported.

For women under 45, the estimated daily intake of country food over the previous month agreed with that reported on the 24-hour recall. However, for older women, estimated consumption of country food was less than that reported in the 24-hour diet recall. Average daily intake of all fresh country food (meat, poultry and fish) was 141 grams for women under 45 and 129 grams for older women. Average daily consumption of dried country food was 24 grams for women under 45 and 38 grams for older women. Older women also reported a higher consumption of country fat and organ meats (e.g. seal fat, beluga muktuk and seal liver).

Store Meat (Meat, Poultry and Fish)

The amount and type of store meat, poultry and fish consumed varied by age group. For women under 45, the store meats reported in highest quantity, in descending order of importance, were: chicken; pork chops; canned luncheon meat, ground beef, fried chicken and wieners. Among older women, chicken, fried chicken, pork chops, canned luncheon meat and ground beef were the most important store meats reported. Women under 45 reported a higher consumption of processed meats (wieners, canned and sliced luncheon meats).

Fruit and Vegetables

Women under 45 reported a higher consumption of fresh fruit and juice than older women. Due to differences in the food frequency questionnaires, it is difficult to compare fruit and vegetable consumption with communities reported in the Food Mail Nutrition Survey. It

appears, however, that Quebec Inuit women have a higher mean consumption of fresh/frozen potatoes than women in the NWT but not as high as that reported in Labrador.

In a separate question, all adults were asked to rate their consumption of vegetables according to a number of broad categories including "never", "not regularly" and "regularly". However, none of these terms was defined in terms of actual frequency. The results of this question indicate that potatoes and onions are eaten most frequently (Table 11). Almost all adults under 45 and 63 to 71% of those over 45 ate potatoes "regularly". About half of adults under 45 ate carrots, lettuce, peas and tomatoes regularly and about a third ate mushrooms and cucumbers. Green peppers were reported less frequently but more so among women under 45.

From the additional question on the consumption of selected country foods, a third of young adults never consume seal fat, and over half do not consume blubber (Table 12). Both of these foods are eaten more frequently by older adults, but even within this group, approximately one-quarter never eat seal fat and 45% of older women and 56% of men over 45 never eat beluga blubber. Therefore, it is possible that some young adults, including lactating women, would not meet their requirements for vitamin A.

Dairy Products

Fresh milk consumption was similar in both age groups. Fresh 2% (or UHT) milk was the most important milk product. Very little evaporated milk or skim milk powder was used. For females under 45, consumption of milk was generally lower than that reported for Inuit women in the Food Mail Nutrition Survey.

Bread and Cereal Products

Women under 45 reported eating more bread, but less bannock than older women. For both groups bannock was more important than bread and white bread much more important than whole wheat.

Fruit Drinks

The consumption of "Tang" (fruit drink crystals with added vitamin C) was lower in Quebec than in most other communities and women under 45 reported much less than older women. Unfortunately, the Quebec questionnaire did not include fruit drink crystals without added vitamin C, so we cannot compare this with other communities.

Snack Foods and Convenience Foods

Younger adults reported a much higher consumption of pop, potato chips and cakes, donuts and pies than older adults. The average pop consumption was eight cans a week among

women under 45 and three cans a week among older women. The consumption of pop and potato chips by younger women appears to be less than that reported by women in most other communities. Young women also reported more pizza consumption than women 45 and over and again, less than in most NWT communities.

Alcohol

Alcohol was not included in the Quebec food frequency questionnaire. Instead questions related to alcohol consumption were included in the Confidential Health Questionnaire. Most adults reported that they consumed alcohol less than three times a month and approximately one third did so less than once a month.

Comparisons with Previous Year: Changes in Food Costs, Consumption and Price Perception

This section describes the changes in prices and in price perception and food consumption of women. Table 13 gives the change in the weekly cost of the Northern Food Basket. Table 14 shows the changes in consumption by women from the previous year for store bought foods for selected communities and each age group. Table 15 shows women's perceptions of how prices have changed from the previous year by community and age and Table 16 shows the changes in the weekly cost of the major food groups, including their perishable and nonperishable components, weighted according to the Northern Food Basket, for this period.

In northern Quebec, food prices were expected to increase following changes to the Air Stage Subsidy implemented on October 1, 1991 and October 1, 1992 as a result of higher food mail rates for perishable foods. Between 1991 and 1993 higher postal rates for perishables were expected to increase the cost of the Northern Food Basket by approximately \$8 a week. Although non-perishable rates were increased by \$.26/kg over this period, this was not expected to contribute to higher food costs, provided these foods were shipped by sealift or barge.

It was intended originally to conduct a nutrition survey of all women of child-bearing age in Kangiqsujuaq and Povungnituk in the spring of 1992 and 1993, using the same methodology employed in the Food Mail Nutrition Survey. Actual price changes, based on price surveys completed during April/May 1992 and April/May 1993, were to be compared with changes in consumption and price perception within each community. However, the decision to conduct the Quebec Inuit Health Survey in 14 Inuit villages and to sample the entire adult population necessitated changes in plans.

The Quebec Inuit Health Survey took place between September 21, 1992 (prior to implementation of Phase II) and November 30 (following implementation of Phase II), making it difficult to determine which price structure was in effect at the time of the survey. In many

villages the sample sizes were too small to examine changes in consumption or price perception. Therefore, comparisons between actual price change and change in consumption or price perception at the community level are not possible and since our price surveys found differences among communities, generalisations regarding price change would be invalid. This section will present reported changes in consumption and price perception for those communities with the largest sample size and for all communities combined for two age groups. Since the sample size for the communities presented in Tables 14 and 15 are still small, there would be wide confidence limits around the values and this information, therefore, may not accurately represent community changes in consumption or price perception. We will present actual price change by food product or food group and the change in the weekly "cost" of the Northern Food Basket (NFB) and its perishable and non-perishable components for Kuujjuaq, Kangiqsujaq and Povungnituk between 1991 and 1992 and 1992 and 1993. This basket is modelled after the Thrifty Nutritious Food Basket developed by Agriculture and Agri-Food Canada and is intended to serve as a price monitoring tool. The basket meets the nutritional needs of a reference family of four and the foods and their weighting are intended to reflect availability and food preferences of northerners based on the food consumption information available. The change in the cost of this basket in a number of isolated communities from 1990 to 1993 are covered in detail in Volume I of this report.

Between 1991 and 1992 weekly food costs increased marginally in Kuujjuaq (\$1) and Kangiqsujaq (\$3) and substantially (\$13) in Povungnituk. In Kuujjuaq this meant a \$2 decrease in the cost of perishables and a \$3 increase in the cost of non-perishables. In Kangiqsujaq, perishables increased by \$6 a week and non-perishables declined by \$3. Higher food costs in Povungnituk were due to an increase of \$6 in the cost of perishables and \$7 for non-perishables.

Between 1992 and 1993, weekly food costs increased by \$18 in Kuujjuaq and by \$12 in Kangiqsujaq and fell by \$1 in Povungnituk. The cost of non-perishables increased in all three communities. For example, in Povungnituk, Kangiqsujaq and Kuujjuaq the cost of non-perishables increased by \$3, \$9 and \$12 a week respectively. Perishables also increased in some communities, but to a lesser extent. For example, the weekly cost of perishables increased by \$6 in Kuujjuaq and \$4 in Kangiqsujaq. However, in Povungnituk, the cost of perishables actually declined by \$4 a week. Kuujjuaq stopped using the food mail system in 1993 and this may explain why their food costs increased much more than in the other communities. In 1993, in Povungnituk, prices also declined for perishable fruit (-28%), citrus (-16%) and meat (-9%). The cost of perishable fruit and vegetables (excluding potatoes) also fell in Kangiqsujaq by 22% and 30% respectively. In Kuujjuaq, most perishables increased in price except for fresh/frozen vegetables (excluding potatoes) (-8%).

The total increase in the weekly cost of the NFB between 1991 and 1993 was \$19 in Kuujjuaq, \$15 in Kangiqsujaq and \$12 in Povungnituk. Higher prices for potatoes, bread and cereal products, canned vegetables and meat and fresh and evaporated milk were primarily responsible for this increase.

Social assistance rates for the family of four and a one parent family of three and the percentage of after-shelter income required for these families to purchase the Northern Food Basket is provided in Volume I of this report. Monthly total social assistance income (including basic allowance, family allowance, child tax benefit and GST credit and excluding income and expenditures for housing, utilities and special needs) for a two-parent family of four in northern Quebec was \$1105 in 1991 and \$1110 in 1993. The same family with a minimum wage earner working a 40-hour week would have a total after-shelter income of \$1072 per month in 1991 and \$1251 in 1993. The food price survey report found that a nutritious diet has become less affordable in Kuujjuaq, Kangiqsujaq, Povungnituk and Salluit since 1991. In 1991, the percentage of after-shelter income required by a family of four to purchase the Northern Food Basket ranged from 79% in Kuujjuaq to 83% in Kangiqsujaq (information for Salluit was not available in 1991). By 1993 the percentage of after-shelter income required ranged from 83% in Kuujjuaq to 90% in Salluit.

Changes in consumption varied by product and community but the general trend was away from canned meat, fruit and vegetables toward perishable products favoured by the food mail program. Within both age groups, roughly half reported eating the same amount as last year and for all products some reported eating more and some less. Also, a high percentage did not eat canned foods. However, where there was a change, the direction was very positive (with the exception of pop) in favour of fresh and frozen fruit and juice and away from canned foods and candy. There also appears to be a greater shift toward fresh fruit and meat among younger women. Better quality and availability were the principal reasons for a higher consumption of perishable foods. Price increases and high cost were the major reasons some women were eating less meat, canned products, pizza, and cookies. Those who reported a lower consumption of fresh/frozen vegetables attributed this to a lack of availability. A few women reported eating more cheese, eggs and pizza in order to "eat better". A high percentage of women did not know if prices had changed but of those who offered an opinion, most thought prices had increased for all foods.

Community results are less reliable since the sample size is very small. These results may also be clouded since they represent both age groups and their consumption patterns differ. However, the same trend toward perishable foods is taking place in the three communities presented in Table 14. Women in Kuujjuaq and Salluit reported a higher consumption of meat, fresh fruit, juice and pop compared to the previous year. Women in Kuujjuaq reported eating less canned meat and canned vegetables than last year and in Povungnituk, less canned vegetables. In Kuujjuaq, women also reported a higher consumption of fresh milk and less cookies and candy. Salluit women reported a higher consumption of most store foods, especially perishables. Unfortunately, we do not have information on changes in consumption of country food over the previous year, but the higher consumption of perishables, especially meat, in Salluit might be due to a lower availability of country food.

Supplemental Information on Food Consumption

Attempts to obtain accurate information from retailers concerning the volume of perishable sales over this period were unsuccessful. However, information from Canada Post on the shipments of perishables indicates that between 1991-92 and 1992-93 the volume of perishables increased by approximately 5% in those communities which remained on the food mail system. Following changes to the subsidy in October 1991, a number of perishable foods such as sweet baked goods were no longer eligible for the food mail program. Therefore this figure probably underestimates the increase in shipment of "nutritious perishables" as currently defined for the purposes of this program.

Discussion

Differences in methodology between this survey and that designed specifically for the Food Mail Nutrition Survey make comparisons difficult. The surveys took place in different seasons and there were a number of differences in the questionnaires.

In general, it appears that educational levels are higher than in most NWT communities but are comparable with Nain, Labrador.

Only one question dealt with food security so it is difficult to assess the full extent of the problem. Thirty percent of women in both age groups reported not having enough to eat in the house in the past month and the problem was a more serious issue for women than men. This is higher than the number who reported availability of food as a problem in the 1991 Aboriginal Peoples Survey (12%) and similar to our findings in Fort Severn, but lower than in any of the other communities in the Food Mail Nutrition Surveys. While some families are obviously having a very difficult time, lower food costs (especially for perishables) compared to most NWT air stage communities, smaller family size and the existence of the hunter support program, may make food more accessible than in the NWT.

The level of concern over alcohol and drug abuse and family violence is higher than in most NWT communities in this study and appears to be comparable to Nain and Davis Inlet. Both of these issues were of greater concern to women and to older adults. Compared to other Inuit women, a higher percentage of Quebec women reported their health as "fair or poor". As in other Inuit communities, high smoking rates, especially among women of child-bearing age are a serious health concern. The mean BMI was close to recommended levels for women under 45 but higher than recommended for good health among other adults. Higher activity levels among men suggest that the BMI may not be an accurate indicator of obesity for this population.

Two major concerns regarding the results must be discussed. Firstly, reported energy intakes were inadequate for men under 45 and for older women, although the mean BMI was high for each group. Also, most adults had a moderate to active lifestyle. It is also surprising that the mean energy intake of young women and their consumption of foods of little nutritional value are so much lower than that found for other Inuit women in the Food Mail Nutrition Survey. Such contradictory findings suggest under-reporting on the 24-hour diet recall. Possibly such results could be attributed to the fact that the interview was conducted by a health professional and consequently respondents may have been less willing to report their total food consumption and, in particular, their consumption of foods of little nutritional value. Secondly, the other finding which should be verified is whether young Quebec Inuit women do, in fact, have a higher folacin intake (and higher consumption of fresh/frozen fruit juice) than that found in other communities in the Food Mail Nutrition Survey. It was our experience with the 24-hour diet recall and food frequency questionnaire that fruit drink crystals are often described as "juice" and we had to take special precautions to ensure that the respondent was

able to clearly differentiate between these products. If these precautions were not taken, folacin intake may have been overestimated.

Nonetheless, this study does point to a number of nutritional problems among women under 45, namely a low calcium intake and less than adequate amounts of folacin – problems that would likely be more serious for pregnant and lactating women. These nutrient deficiencies (and low vitamin A intake) are more serious among older men and women. Vitamin C intake is much less than considered adequate among older adults. Caloric intake appears to be less than adequate for older women and fat (and saturated fat) intake above recommended levels for all adults. A higher consumption of perishable citrus foods compared to other Inuit women in this study is primarily responsible for the higher intake of folacin by young Quebec women. Women 45 and over do not seem to eat as much citrus and have a much lower folacin intake. The higher sugar intake among adults under 45 agrees with other studies and is a cause for concern.

The traditional diet relied on country food to satisfy requirements for vitamin A and folacin and one might expect that older adults who consume more country food would satisfy their requirements for these nutrients. However, even though older adults consume more country food than those under 45, they do not seem to be meeting requirements for these nutrients. Several possibilities exist. Their consumption of organ meat and country fat (which would be the major source of vitamin A and folacin) may not be adequate, our data may underestimate the nutrient content of some country foods, or they may not have accurately reported the intake of these foods.

Country food is still the major source of protein and iron in northern Quebec, but there is a trend away from country food by young people. Adults under 45 consumed less country food than older adults, with store meat being a more important source of protein than country meat for men at that age. Store foods have become an important source of essential nutrients such as calcium, vitamin A and folacin among the population under 45.

Although it is impossible to fully assess the impact of changes to the subsidy for each of the communities, some relationships are evident. Non-perishable food prices increased in all the northern Quebec communities included in our price surveys and women surveyed reported a lower consumption of canned meat, canned vegetables and canned fruit. Higher prices and high cost were reported as the major reasons for these changes. There were differences among communities in the consumption of a number of foods which may suggest that food price increases could have a greater impact in some communities or that other factors, such as the availability of country food, may play a role. For all communities, women in both age groups reported a higher consumption of a number of perishable foods because the quality and availability had improved and this trend was also documented in Kuujuaq and Salluit. It is possible that merchants in northern Quebec are still not able to use the sealift for non-perishable foods due to the high costs of financing and, rather than pay the higher food mail rates for non-perishables, they are ordering more perishable foods.

Conclusions

1. There are nutritional problems, namely an inadequate intake of calcium and folacin among women of child-bearing age, and these nutritional problems are more serious for older Quebec Inuit. The extremely low calcium intake of young women may place this group at high risk for postmenopausal osteoporosis. Older adults also have an inadequate intake of vitamin A and vitamin C which may increase their risk of respiratory infections and lower their immune response. This situation combined with a high fat intake places this population at nutritional risk.
2. Pregnant and lactating women are a nutritionally vulnerable group. Unfortunately, they were not included in this survey so we are not in a position to assess their nutrient intake and subsequent health risks. However, considering the low intake of calcium and folacin for young women in this study and the higher requirements during pregnancy and lactation, it is possible that many pregnant and lactating women would not be meeting their needs for these essential nutrients. Inadequate folacin during pregnancy would compromise pregnancy outcome and increase the risk of low infant birthweight and neural tube defects and may cause anemia in pregnant women.
3. While food security is a serious issue to at least a third of Quebec Inuit women, food (especially perishable nutritious food) appears to be more affordable than in most NWT communities. Despite the small difference between the rates for perishable and non-perishable food introduced on October 1, 1992, the trend was away from canned food toward the perishable foods favoured by this program. However, it is important to recognize that the price of non-perishables has increased more than perishables and the trend toward perishables may reflect a greater sensitivity toward the relative price difference between these two groups than to the price of perishables per se. It is also possible that a higher consumption of perishable foods is a response to greater retail promotion.
4. The extremely high concern expressed over alcohol and drug abuse and family violence, low self-ratings of health and high smoking rates among all adults (especially for women of child-bearing age) are a serious health concern. Such practices also make less money available for food.
5. While country food is very important to the diet, this study confirms the trend away from the traditional diet by younger adults. This trend, if allowed to continue, may further compromise nutritional status, increase the likelihood of chronic lifestyle diseases. Less country food would create a greater demand for perishable foods and, given a fixed subsidy, rates would have to increase thus leading to higher food costs.

6. Store foods are extremely important to the diet of those under 45. In this age group, perishables are the major source of calcium, vitamin A and folacin. Removal of the Air Stage Subsidy or further rate increases would make these foods less accessible, especially to those in low income groups and seriously jeopardize the intake of these essential nutrients.
7. The study confirms price sensitivity for some foods, but as in other regions, most people are not very aware of food prices, and food prices and changes in consumption varied by community. Also it is important to recognize that despite higher postal rates, prices for some perishable foods did decline and their consumption increased. As in the other communities in the Food Mail Nutrition Survey, better quality and availability (both of which are indirectly affected by lower prices) rather than price were reported to be the major reason for a higher consumption of perishable foods. Lower consumption of non-perishables, and some perishable dairy products, was generally attributed to higher prices.
8. This study suggests that nutritional problems are not restricted to women of child-bearing age. They affect all adults and therefore, they have a profound effect on the health and well-being of the community. The additional concerns regarding food security, alcohol and drug abuse and family violence are further evidence of the stress affecting Inuit families in northern Quebec. The trend away from country food despite time spent on the land by young men suggests that hunting and the traditional lifestyle may be in danger of disappearing.

Appendix I

Tables

Table 1. Summary of socio-demographic information, Quebec Inuit

	Age < 45		Age 45+	
	Females	Males	Females	Males
Mean Age (N)	(266)	(202)	(82)	(65)
years	27.7	27.6	57.4	57.8
Marital Status (N)	(257)	(190)	(78)	(61)
Married or living as couple	52.1%	52.6%	59.0%	73.8%
Never married/not living as couple	42.8	42.6	10.3	8.2
Divorced/separated	2.0	1.6	0	4.9
Widowed	2.7	2.1	29.5	13.1
Highest Level of Education Completed (N)	(252)	(197)	(22)	(28)
No formal education	0%	0%	0%	0%
Elementary School	23.4	20.3	86.4	53.6
Some high school	62.7	51.3	4.6	7.1
Completed high school	4.4	9.6	0	0
Some college or university	16.0	10.7	0	32.0
On the job training	2.8	7.6	9.1	0
Occupational Status: (N)	(259)	(197)	(79)	(62)
Work/full-time	31.3%	47.2%	13.9%	50.0%
Work/part-time	17.8	10.2	12.7	6.5
Work occasionally	2.7	3.1	6.3	1.6
Self-employed	1.2	1.5	1.3	1.6
Hunter support program	0	3.6	0	8.1
Housework	17.4	1.0	34.2	4.8
Retired/pension	0	0	7.6	16.1
Student	11.6	15.7	1.3	0
Unemployed				
Unemployment Insurance	4.3	7.6	5.1	0
Social Welfare	10.0	5.0	13.9	8.1
Other	3.9	5.1	3.8	3.2
Families in the household (N)	(171)	(30)	(86)	(18)
one family	95.9	93.3	91.9	100.0
Persons in the household (mean)	5.1	6.1	5.7	3.7
Total Personal Income: (N)	(233)	(178)	(68)	(57)
\$0 - \$999	8.6	7.9	10.3	3.5
\$1000-\$5999	8.2	8.4	2.9	5.3
\$6000-\$11999	6.4	5.1	8.8	5.3
\$12000-\$19999	8.6	6.7	2.9	0
\$20000-\$24999	7.7	8.4	1.5	7.0
\$25000 and over	15.0	31.5	11.8	26.3
Don't Know	45.5	32.0	61.8	52.6

Table 2. General health, lifestyle and food security, Quebec Inuit

	Age < 45		Age 45+	
	Female %	Males %	Females %	Males %
Personal Assessment of Health (N)	(264)	(201)	(82)	(64)
Excellent				
Very Good	11.4	13.9	8.5	14.1
Good	39.0	38.3	29.3	21.9
Fair	45.1	44.3	51.2	57.8
Poor	1.1	1.5	8.5	6.3
Don't know	3.4	2.0	2.4	0.0
Mean BMI (N)	(199)	(151)	(87)	(68)
%	25.1	26.1	29.1	27.7
Pregnant	(263)			
%	9.1			
Current Smokers (N)	(266)	(202)	(82)	(65)
%	81.2	75.7	58.5	44.6
Not enough to eat in house last month (N)	(171)	(30)	(85)	(17)
%	29.8	23.3	30.6	17.7
Extreme Concern Over Social Problems				
Physical/verbal violence between husband and wife	24.8	17.1	45.1	51.6
Illegal drug use	37.0	24.4	60.5	54.0
Alcohol abuse	41.9	26.6	57.3	55.4
Activity Level in the Village (N)	(253)	(196)	(83)	(63)
Usually sit during day, do not walk around	20.2	12.8	18.1	20.6
Stand, walk quite a lot, no heavy loads	39.9	21.9	48.2	22.2
Lift / carry light loads, climb hills, stairs	26.9	36.7	25.3	23.8
Do heavy work or carry heavy loads	10.7	24.5	8.4	33.3
Don't know/No response	2.4	4.1	0.0	0.0
Activity Level on the land (N)	(254)	(198)	(82)	(63)
Usually sit during day, do not walk around	3.9	1.5	2.4	6.4
Stand, walk quite a lot, no heavy loads	29.5	18.2	37.8	23.8
Lift / carry loads, climb hills	25.2	32.8	30.5	22.2
Heavy work / carry heavy loads	12.2	41.9	17.1	36.5
Never go on the land	24.8	3.0	12.2	9.5
Don't know	4.3	2.5	0.0	1.6

Table 3. Mean nutrient intake as a percentage of RNI, by age and sex, Quebec Inuit

A. Macronutrient Intake

	Females under 45			Males under 45			Females 45 and over			Males 45 and over		
	RNI ¹	Mean Intake	% RNI	RNI	Mean Intake	% RNI	RNI	Mean Intake	% RNI	RNI	Mean Intake	% RNI
N		156			134			78			57	
Calories	1900.0	1829.4	96%	2700.0	2272.0	84%	1800.0	1623.0	90%	2300.0	2289.8	99%
			% of calories			% of calories			% of calories			% of calories
Protein (g)	51.0	89.1	19%	64.0	105.7	19%	54.0	86.3	21%	63.0	134.8	24%
Carbohydrates (g)		199.9	44%		235.1	41%		147.3	36%		199.1	35%
Fat (g)		76.2	37%		93.7	37%		79.5	44%		105.0	41%
Saturated Fats (g)		21.9	11%		28.4	11%		21.4	12%		27.5	11%
Cholesterol (mg)		321.2			385.1			291.2			396.2	
Fibre (g)		7.4			7.6			5.2			6.3	

B. Micronutrient Intake

	Females under 45			Males under 45			Females 45 and over			Males 45 and over		
	RNI	Mean Intake	% RNI	RNI	Mean Intake	% RNI	RNI	Mean Intake	% RNI	RNI	Mean Intake	% RNI
Iron (mg)	13.0	15.8	121%	9.0	17.3	193%	8.0	16.7	209%	9.0	25.5	283%
Calcium (mg)	700.0	383.7	55%	800.0	522.8	65%	800.0	318.0	40%	800.0	397.1	50%
Vitamin A (RE)	800.0	791.5	99%	1000.0	775.8	78%	800.0	590.3	74%	1000.0	737.7	74%
Vitamin C (mg)*	45.0	67.8	151%	60.0	70.4	117%	45.0	29.7	66%	60.0	35.1	59%
Folicin (µg)	185.0	152.9	83%	230.0	171.2	74%	195.0	120.9	62%	230.0	160.3	70%
Thiamin (mg)	0.8	1.3	158%	1.1	1.6	130%	0.7	1.2	171%	0.9	1.9	206%
Niacin (NE)	13.7	39.2	286%	19.4	45.6	235%	13.0	37.5	288%	16.6	55.6	335%
B12 (µg)	1.0	12.5	1254%	1.0	13.2	1318%	1.0	13.4	1342%	1.0	16.6	1656%
B6 (mg)	0.8	1.2	150%	1.0	1.5	150%	0.8	0.9	112%	0.9	1.4	156%
Caffeine (mg)		300.2			316.7			286.4			339.1	

¹ Source: Health and Welfare Canada. Nutrition Recommendations. Report of the Scientific Review Committee. Ottawa, 1990.

Table 4b. Mean micronutrient intake as a percentage of RNI for other Inuit women under 45, Food Mail Nutrition Survey

Nutrient Intake 1992	RNI	Repulse Bay		Pond Inlet		Nain	
		Mean Intake	% RNI	Mean Intake	% RNI	Mean Intake	% RNI
Iron (mg)	13.0	24.3	187%	28.2	217%	20.7	159%
Calcium (mg)	700.0	385.7	55%	488.2	70%	406.1	58%
Vitamin A (RE)	800.0	208.3	26%	692.6	87%	387.9	48%
Vitamin C (mg)*	45.0	49.8	111%	82.5	183%	92.8	206%
Folacin (µg)	185.0	90.1	49%	131.2	71%	140.2	76%
Thiamin (mg)	0.8	1.2	150%	1.5	188%	1.3	156%
Niacin (NE)	13.7	42.9	313%	49.3	360%	39.7	290%
B12 (µg)	1.0	11.3	1130%	14.8	1480%	10.9	1090%
B6 (mg)	0.8	1.0	125%	1.4	175%	1.3	162%
Caffeine (mg)		769.0		324.6		264.2	
Nutrient Intake 1993	RNI	Arctic Bay		Pond Inlet		Coral Harbour	
		Mean Intake	% RNI	Mean Intake	% RNI	Mean Intake	% RNI
Iron (mg)	13.0	22.7	174%	29.3	225%	20.8	160%
Calcium (mg)	700.0	520.1	74%	474.0	68%	541.4	77%
Vitamin A (RE)	800.0	654.7	82%	519.5	65%	511.6	64%
Vitamin C (mg)*	45.0	67.1	149%	58.6	130%	76.6	170%
Folacin (µg)	185.0	198.0	107%	141.3	76%	119.9	65%
Thiamin (mg)	0.8	1.4	181%	1.5	184%	1.6	200%
Niacin (NE)	13.7	49.3	360%	46.7	341%	48.4	353%
B12 (µg)	1.0	13.2	1321%	14.0	1396%	13.5	1346%
B6 (mg)	0.8	1.5	187%	1.3	162%	1.5	187%
Caffeine (mg)		284.0		415.7		614.2	

*Includes additional requirement for smokers

Table 5a. Nutrients from Food Groups based on 24-hour recall: Quebec Inuit females under 45: Means

Food Group	Perish/nonperish	Calories	Protein g	Carbohydrates g	Fat g	Calcium mg	Iron mg	Vitamin A RE	Vitamin C mg	Thiamin mg	Folacin mcg
Dairy	perishable	48.4	2.8	3.4	2.6	92.8	0.0	41.7	0.6	0.0	3.4
Dairy	nonperishable	9.5	0.5	0.7	0.5	18.1	0.0	3.8	1.1	0.0	0.5
Eggs	perishable	31.6	2.7	0.3	2.1	10.4	0.3	39.8	0.0	0.0	7.6
Meat	perishable	244.3	23.7	2.2	15.0	17.3	2.1	45.3	2.0	0.2	11.8
Meat	nonperishable	3.6	0.3	0.2	0.2	1.2	0.0	1.9	0.3	0.0	0.2
Meat	country	227.4	35.9	0.0	8.2	21.6	7.0	175.0	1.4	0.3	12.8
Alternates	perishable	6.1	0.3	0.1	0.5	0.3	0.0	0.0	0.0	0.0	0.3
Alternates	nonperishable	5.7	0.4	0.0	0.4	0.2	0.0	0.0	0.0	0.0	0.1
Breads & cereals	perishable	117.6	3.8	21.6	1.6	29.9	1.1	1.9	0.1	0.1	14.8
Breads & cereals	nonperishable	222.4	6.1	45.4	1.5	20.2	2.5	5.3	0.0	0.3	12.1
Citrus	perishable	22.0	0.4	5.3	0.1	7.7	0.1	7.6	20.2	0.0	17.2
Citrus	nonperishable	13.8	0.1	3.1	0.1	2.6	0.1	5.0	8.6	0.0	1.9
Fruit	perishable	17.0	0.1	4.3	0.1	2.8	0.1	3.0	3.0	0.0	2.4
Fruit	nonperishable	2.8	0.0	0.7	0.0	0.4	0.0	1.0	0.2	0.0	0.1
Potatoes	perishable	56.5	1.0	10.5	1.3	3.8	0.3	0.0	4.8	0.0	5.1
Potatoes	nonperishable	7.9	0.2	1.1	0.3	3.7	0.0	4.4	1.1	0.0	0.6
Vegetables	perishable	11.8	0.4	2.7	0.1	6.4	0.1	173.7	3.4	0.0	6.5
Vegetables	nonperishable	5.3	0.2	1.2	0.0	1.3	0.1	20.3	0.8	0.0	3.3
Fats	perishable	51.7	0.1	0.1	5.8	1.7	0.0	55.3	0.0	0.0	0.2
Fats	nonperishable	108.5	0.0	0.7	11.8	0.6	0.0	2.4	0.3	0.0	0.3
Fats	country	123.5	5.5	0.0	14.6	1.8	0.3	176.0	0.0	0.1	0.0
Sweets	perishable	2.5	0.0	0.6	0.0	0.2	0.0	0.1	0.2	0.0	0.1
Sweets	nonperishable	118.6	0.1	30.2	0.1	14.1	0.1	0.6	10.4	0.0	0.2
Misc	perishable	27.0	1.4	2.6	1.2	16.5	0.2	6.4	1.1	0.0	5.4
Misc	nonperishable	36.0	1.1	7.1	0.6	63.4	0.5	15.9	0.6	0.0	40.5
LNV	<u>total</u>	316.0	2.0	55.8	8.2	45.2	0.8	11.2	7.5	0.0	5.3
Total		1837.1	89.1	199.9	77.0	383.9	15.8	791.5	67.8	1.3	152.9

Percentages

Food Group	Perish/nonperish	Calories	Protein	Carbohydrates	Fat	Calcium	Iron	Vitamin A	Vitamin C	Thiamin	Folacin
Dairy	perishable	2.6	3.2	1.7	3.4	24.2	0.3	5.2	0.9	1.8	2.3
Dairy	nonperishable	0.5	0.5	0.3	0.7	4.7	0.1	0.5	1.7	0.3	0.4
Eggs	perishable	1.7	3.0	0.1	2.8	2.7	1.9	5.0	0.0	0.9	5.0
Meat	perishable	13.3	26.6	1.1	19.5	4.5	13.2	5.7	2.9	17.8	7.7
Meat	nonperishable	0.2	0.3	0.1	0.2	0.3	0.3	0.2	0.4	0.2	0.2
Meat	country	12.4	40.3	0.0	10.7	5.6	44.1	21.9	2.1	27.1	8.4
Alternates	perishable	0.3	0.3	0.1	0.7	0.1	0.2	0.0	0.0	0.2	0.2
Alternates	nonperishable	0.3	0.4	0.0	0.6	0.0	0.2	0.0	0.0	0.3	0.1
Breads & cereals	perishable	6.4	4.3	10.8	2.1	7.8	7.0	0.2	0.2	9.1	9.7
Breads & cereals	nonperishable	12.1	6.8	22.7	2.0	5.3	15.9	0.7	0.0	20.1	7.9
Citrus	perishable	1.2	0.4	2.7	0.1	2.0	0.4	1.0	29.7	3.0	11.2
Citrus	nonperishable	0.8	0.1	1.6	0.2	0.7	0.7	0.6	12.7	0.7	1.2
Fruit	perishable	0.9	0.1	2.2	0.1	0.7	0.4	0.4	4.4	0.8	1.6
Fruit	nonperishable	0.1	0.0	0.4	0.0	0.1	0.1	0.1	0.2	0.1	0.1
Potatoes	perishable	3.1	1.1	5.2	1.7	1.0	1.8	0.0	7.1	3.6	3.4
Potatoes	nonperishable	0.4	0.2	0.6	0.4	1.0	0.1	0.5	1.6	1.1	0.4
Vegetables	perishable	0.6	0.4	1.3	0.1	1.7	0.9	21.8	5.0	1.2	4.2
Vegetables	nonperishable	0.3	0.2	0.6	0.0	0.3	0.4	2.5	1.2	0.5	2.1
Fats	perishable	2.8	0.1	0.0	7.5	0.4	0.1	6.9	0.0	0.0	0.1
Fats	nonperishable	5.9	0.1	0.3	15.3	0.2	0.1	0.3	0.5	0.2	0.2
Fats	country	6.7	6.2	0.0	19.0	0.5	1.8	22.1	0.0	4.3	0.0
Sweets	perishable	0.1	0.0	0.3	0.0	0.0	0.1	0.0	0.4	0.0	0.1
Sweets	nonperishable	6.5	0.1	15.1	0.2	3.7	0.6	0.1	15.3	0.3	0.2
Misc	perishable	1.5	1.6	1.3	1.5	4.3	1.3	0.8	1.7	1.7	3.5
Misc	nonperishable	2.0	1.3	3.5	0.8	16.5	3.4	2.0	0.9	1.3	26.5
LNV	total	17.2	2.3	27.9	10.6	11.8	4.8	1.4	11.1	3.3	3.5
Total		100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

Table 5b. Nutrients from Food Groups based on 24-hour recall: Quebec Inuit males under 45: Means

Food Group	Perish/nonperish	Calories	Protein	Carbohydrates	Fat	Calcium	Iron	Vitamin A	Vitamin C	Thiamin	Folacin
			g	g	g	mg	mg	RE	mg	mg	mcg
Dairy	perishable	101.2	6.1	6.6	5.6	204.6	0.1	90.7	1.1	0.0	6.9
Dairy	nonperishable	8.4	0.4	0.6	0.5	16.0	0.0	3.3	1.0	0.0	0.5
Eggs	perishable	34.6	2.9	0.3	2.3	11.3	0.3	44.1	0.0	0.0	8.2
Meat	perishable	326.7	30.2	2.5	21.0	20.3	2.4	45.2	1.6	0.3	8.6
Meat	nonperishable	2.3	0.2	0.1	0.1	0.4	0.0	1.1	0.2	0.0	0.1
Meat	country	245.4	38.7	0.0	8.9	21.7	7.0	88.1	1.7	0.4	14.6
Alternates	perishable	15.1	0.6	0.4	1.3	1.9	0.1	0.0	0.0	0.0	1.1
Alternates	nonperishable	13.0	0.7	0.4	1.0	1.1	0.1	0.3	0.1	0.0	0.8
Breads & cereals	perishable	150.5	4.8	27.7	2.1	37.9	1.4	0.2	0.0	0.2	19.2
Breads & cereals	nonperishable	280.5	7.7	56.2	2.3	24.4	2.8	8.4	0.3	0.3	13.9
Citrus	perishable	15.4	0.3	3.7	0.0	3.8	0.1	6.9	13.7	0.0	12.8
Citrus	nonperishable	26.5	0.3	6.3	0.1	5.4	0.2	7.4	16.0	0.0	5.0
Fruit	perishable	7.1	0.1	1.8	0.0	1.1	0.0	0.9	1.1	0.0	1.0
Fruit	nonperishable	1.3	0.0	0.3	0.0	0.2	0.0	0.1	0.1	0.0	0.1
Potatoes	perishable	59.8	1.0	10.7	1.6	3.7	0.3	0.0	4.9	0.0	5.2
Potatoes	nonperishable	10.5	0.3	1.6	0.3	4.3	0.0	4.5	1.5	0.0	0.9
Vegetables	perishable	9.2	0.3	2.0	0.0	5.9	0.1	175.8	3.0	0.0	6.6
Vegetables	nonperishable	5.8	0.2	1.4	0.0	1.8	0.1	36.3	2.0	0.0	3.8
Fats	perishable	68.4	0.1	0.2	7.6	2.0	0.0	63.5	0.0	0.0	0.3
Fats	nonperishable	116.7	0.1	0.7	12.7	0.7	0.0	3.2	0.4	0.0	0.4
Fats	country	134.1	4.2	0.0	15.5	1.4	0.3	162.3	0.0	0.0	0.0
Sweets	perishable	2.6	0.0	0.7	0.0	0.2	0.0	0.1	0.3	0.0	0.1
Sweets	nonperishable	139.9	0.2	35.3	0.2	15.7	0.1	1.7	13.5	0.1	0.3
Misc	perishable	19.0	1.2	1.9	0.7	3.6	0.2	4.7	0.4	0.0	1.4
Misc	nonperishable	35.8	1.3	6.8	0.6	74.2	0.6	10.7	0.5	0.0	41.0
LNV	total	453.2	4.0	66.9	10.3	58.9	1.0	16.8	7.0	0.1	18.3
total		2282.9	105.7	235.1	94.9	522.8	17.3	776.3	70.4	1.6	171.2

Percentages

Food Group	Perish/nonperish	Calories	Protein	Carbohydrates	Fat	Calcium	Iron	Vitamin A	Vitamin C	Thiamin	Folacin
Dairy	perishable	4.4	5.7	2.8	6.0	39.1	0.6	11.7	1.6	3.1	4.0
Dairy	nonperishable	0.4	0.4	0.3	0.5	3.1	0.1	0.4	1.4	0.2	0.3
Eggs	perishable	1.5	2.8	0.1	2.4	2.2	1.9	5.7	0.0	0.8	4.8
Meat	perishable	14.3	28.6	1.1	22.1	3.9	13.7	5.8	2.3	20.4	5.0
Meat	nonperishable	0.1	0.2	0.0	0.1	0.1	0.2	0.1	0.2	0.1	0.1
Meat	country	10.7	36.6	0.0	9.3	4.1	40.3	11.4	2.4	23.4	8.5
Alternates	perishable	0.7	0.6	0.2	1.4	0.4	0.5	0.0	0.0	0.5	0.7
Alternates	nonperishable	0.6	0.6	0.2	1.0	0.2	0.4	0.0	0.1	0.7	0.5
Breads & cereals	perishable	6.6	4.5	11.8	2.2	7.3	8.0	0.0	0.1	9.8	11.2
Breads & cereals	nonperishable	12.3	7.3	23.9	2.4	4.7	16.3	1.1	0.4	18.0	8.1
Citrus	perishable	0.7	0.3	1.6	0.1	0.7	0.4	0.9	19.4	1.8	7.5
Citrus	nonperishable	1.2	0.2	2.7	0.1	1.0	1.3	1.0	22.7	1.4	2.9
Fruit	perishable	0.3	0.1	0.8	0.1	0.2	0.2	0.1	1.5	0.3	0.6
Fruit	nonperishable	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.2	0.1	0.0
Potatoes	perishable	2.6	1.0	4.5	1.7	0.7	1.9	0.0	6.9	2.9	3.0
Potatoes	nonperishable	0.5	0.2	0.7	0.4	0.8	0.2	0.6	2.1	1.2	0.5
Vegetables	perishable	0.4	0.3	0.9	0.1	1.1	0.7	22.6	4.3	0.9	3.8
Vegetables	nonperishable	0.3	0.2	0.6	0.0	0.3	0.4	4.7	2.8	0.4	2.2
Fats	perishable	3.0	0.1	0.1	8.0	0.4	0.1	8.2	0.0	0.0	0.2
Fats	nonperishable	5.1	0.1	0.3	13.3	0.1	0.1	0.4	0.5	0.2	0.2
Fats	country	5.9	3.9	0.0	16.3	0.3	1.6	20.9	0.0	2.7	0.0
Sweets	perishable	0.1	0.0	0.3	0.0	0.0	0.1	0.0	0.4	0.0	0.1
Sweets	nonperishable	6.1	0.2	15.0	0.3	3.0	0.9	0.2	19.2	4.1	0.1
Misc	perishable	0.8	1.1	0.8	0.8	0.7	1.0	0.6	0.6	0.8	0.8
Misc	nonperishable	1.6	1.2	2.9	0.6	14.2	3.6	1.4	0.8	1.5	24.0
LNV	total	19.9	3.8	28.4	10.8	11.3	5.6	2.2	10.0	4.7	10.7
total		100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

Table 5c. Nutrients from Food Groups based on 24-hour recall: Quebec Inuit females 45 and over: Means

Food Group	Perish/nonperish	Calories	Protein	Carbohydrates	Fat	Calcium	Iron	Vitamin A	Vitamin C	Thiamin	Folacin
			g	g	g	mg	mg	RE	mg	mg	mcg
Dairy	perishable	14.0	0.8	1.3	0.6	28.4	0.0	13.3	0.2	0.0	1.1
Dairy	nonperishable	19.8	1.0	1.5	1.1	37.6	0.0	7.8	2.4	0.0	1.1
Eggs	perishable	18.2	1.5	0.1	1.2	6.0	0.2	23.1	0.0	0.0	4.4
Meat	perishable	166.2	15.0	1.3	10.9	14.3	1.7	17.2	1.3	0.2	5.4
Meat	nonperishable	2.7	0.3	0.0	0.1	4.9	0.0	0.9	0.0	0.0	0.1
Meat	country	297.8	45.0	0.0	11.7	28.3	9.1	59.8	1.6	0.4	13.0
Alternates	perishable	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
Breads & Cereals	perishable	44.1	1.5	8.2	0.6	10.5	0.4	0.3	0.0	0.0	5.2
Breads & Cereals	nonperishable	353.6	9.7	73.6	1.4	17.9	3.6	0.9	0.0	0.3	16.6
Citrus	perishable	9.9	0.2	2.8	0.0	6.5	0.1	2.9	10.5	0.0	6.2
Citrus	nonperishable	10.5	0.1	2.3	0.1	1.8	0.1	2.7	2.1	0.0	0.7
Fruit	perishable	5.0	0.1	1.2	0.0	1.8	0.0	4.1	1.7	0.0	1.9
Potatoes	perishable	17.6	0.4	3.8	0.2	1.4	0.1	0.0	1.7	0.0	1.8
Potatoes	nonperishable	4.9	0.1	0.7	0.2	2.5	0.0	2.5	0.7	0.0	0.4
Vegetables	perishable	4.3	0.1	1.0	0.0	2.9	0.1	119.3	2.1	0.0	2.8
Vegetables	nonperishable	2.9	0.1	0.7	0.0	0.5	0.0	16.1	0.2	0.0	1.8
Fats	perishable	22.5	0.0	0.0	2.5	0.8	0.0	25.5	0.0	0.0	0.1
Fats	nonperishable	220.1	0.0	0.0	24.4	0.0	0.0	0.0	0.0	0.0	0.0
Fats	country	185.4	9.1	0.0	22.2	2.9	0.4	283.8	0.0	0.1	0.0
Sweets	nonperishable	93.9	0.0	24.2	0.0	5.2	0.0	0.0	3.7	0.0	0.1
Misc	nonperishable	29.0	0.6	6.7	0.2	127.7	0.6	6.8	0.2	0.0	54.1
LNV	total	102.4	0.7	17.8	2.1	16.1	0.2	3.3	1.3	0.0	4.0
Total		1625.1	86.3	147.3	79.7	318.0	16.7	590.3	29.7	1.2	120.9

Percentages

Food Group	Perish/nonperish	Calories	Protein	Carbohydrates	Fat	Calcium	Iron	Vitamin A	Vitamin C	Thiamin	Folacin
Dairy	perishable	0.9	0.9	0.9	0.8	8.9	0.1	2.2	0.7	0.7	0.9
Dairy	nonperishable	1.2	1.1	1.0	1.4	11.8	0.2	1.3	8.0	0.6	0.9
Eggs	perishable	1.1	1.8	0.1	1.5	1.9	1.0	3.9	0.0	0.6	3.6
Meat	perishable	10.2	17.4	0.9	13.6	4.5	10.3	2.9	4.4	14.1	4.5
Meat	nonperishable	0.2	0.4	0.0	0.2	1.5	0.2	0.1	0.0	0.1	0.1
Meat	country	18.3	52.2	0.0	14.6	8.9	54.1	10.1	5.5	35.4	10.7
Alternates	perishable	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Breads & Cereals	perishable	2.7	1.7	5.6	0.7	3.3	2.6	0.0	0.0	4.3	4.3
Breads & Cereals	nonperishable	21.8	11.3	49.9	1.7	5.6	21.5	0.2	0.0	29.0	13.8
Citrus	perishable	0.6	0.2	1.9	0.0	2.0	0.5	0.5	35.5	1.4	5.1
Citrus	nonperishable	0.6	0.1	1.6	0.1	0.6	0.3	0.5	6.9	0.4	0.6
Fruit	perishable	0.3	0.1	0.8	0.0	0.6	0.2	0.7	5.6	0.3	1.6
Potatoes	perishable	1.1	0.4	2.6	0.2	0.4	0.6	0.0	5.8	1.5	1.5
Potatoes	nonperishable	0.3	0.1	0.5	0.2	0.8	0.1	0.4	2.3	0.7	0.3
Vegetables	perishable	0.3	0.2	0.7	0.0	0.9	0.3	20.2	7.0	0.6	2.3
Vegetables	nonperishable	0.2	0.1	0.5	0.0	0.2	0.2	2.7	0.7	0.2	1.5
Fats	perishable	1.4	0.0	0.0	3.2	0.2	0.0	4.3	0.0	0.0	0.1
Fats	nonperishable	13.5	0.0	0.0	30.7	0.0	0.0	0.0	0.0	0.0	0.0
Fats	country	11.4	10.5	0.0	27.8	0.9	2.7	48.1	0.0	7.9	0.0
Sweets	nonperishable	5.8	0.0	16.4	0.0	1.6	0.3	0.0	12.6	0.0	0.1
Misc	nonperishable	1.8	0.7	4.6	0.2	40.1	3.5	1.1	0.6	1.1	44.8
LNV	total	6.3	0.8	12.1	2.6	5.1	1.5	0.6	4.3	1.3	3.3
Total		100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

Table 5d. Nutrients from Food Groups based on 24-hour diet recall: Quebec Inuit males 45 and over: Means

Food Group	Perish/nonperish	Calories	Protein	Carbohydrates	Fat	Calcium	Iron	Vitamin A	Vitamin C	Thiamin	Folacin
			g	g	g	mg	mg	RE	mg	mg	mcg
Dairy	perishable	15.2	1.4	1.2	0.5	29.0	0.0	12.9	0.2	0.0	1.7
Dairy	nonperishable	10.4	0.5	0.8	0.6	19.9	0.0	4.1	1.3	0.0	0.6
Eggs	perishable	20.9	1.7	0.2	1.4	6.9	0.2	26.8	0.0	0.0	4.9
Meat	perishable	213.7	20.0	0.4	14.1	22.1	1.6	18.9	0.7	0.3	5.4
Meat	nonperishable	12.4	1.7	0.0	0.6	8.4	0.2	1.5	0.0	0.0	0.7
Meat	country	485.2	77.8	0.0	17.3	60.2	16.2	90.9	3.4	0.6	20.0
Alternates	perishable	1.1	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.1
Alternates	nonperishable	47.7	3.4	0.5	3.5	2.5	0.3	0.3	0.1	0.0	1.9
Breads & cereals	perishable	55.8	1.8	10.4	0.7	14.4	0.5	0.0	0.0	0.1	7.2
Breads & cereals	nonperishable	451.9	12.1	91.9	1.9	21.4	4.4	0.6	0.0	0.4	20.7
Citrus	perishable	4.2	0.1	1.0	0.0	2.2	0.0	2.1	4.7	0.0	2.8
Citrus	nonperishable	8.2	0.1	1.9	0.0	1.6	0.1	1.9	7.7	0.0	2.5
Fruit	perishable	5.8	0.1	1.4	0.0	1.3	0.0	2.8	1.2	0.0	1.1
Fruit	nonperishable	7.0	0.1	1.8	0.0	1.4	0.0	0.1	0.2	0.0	0.2
Potatoes	perishable	19.5	0.4	4.5	0.0	1.8	0.1	0.0	1.9	0.0	2.1
Potatoes	nonperishable	7.0	0.2	1.0	0.3	3.3	0.0	4.1	1.0	0.0	0.5
Vegetables	perishable	12.9	0.4	3.0	0.1	4.3	0.1	181.5	2.0	0.0	7.4
Vegetables	nonperishable	3.7	0.2	0.9	0.0	1.0	0.1	12.9	0.7	0.0	2.8
Fats	perishable	35.6	0.0	0.0	4.0	1.2	0.0	40.4	0.0	0.0	0.1
Fats	nonperishable	284.4	0.0	0.5	31.4	0.4	0.0	1.7	0.3	0.0	0.8
Fats	country	225.9	10.5	0.0	26.9	3.4	0.5	321.6	0.0	0.1	0.0
Sweets	nonperishable	182.1	0.1	46.9	0.0	5.3	0.1	0.0	8.5	0.2	0.1
Misc	perishable	2.9	0.2	0.3	0.1	2.6	0.0	1.7	0.1	0.0	0.2
Misc	nonperishable	44.8	1.2	9.8	0.4	166.3	0.8	12.6	0.4	0.0	69.9
LNV	total	136.3	0.8	20.6	1.6	16.3	0.3	1.5	0.8	0.0	6.4
Total		2294.8	134.8	199.1	105.6	397.2	25.5	741.0	35.1	1.9	160.3

Percentages

Food Group	Perish/nonperish	Calories	Protein	Carbohydrates	Fat	Calcium	Iron	Vitamin A	Vitamin C	Thiamin	Folacin
Dairy	perishable	0.7	1.1	0.6	0.5	7.3	0.1	1.7	0.5	0.5	1.1
Dairy	nonperishable	0.5	0.4	0.4	0.6	5.0	0.1	0.6	3.6	0.2	0.4
Eggs	perishable	0.9	1.3	0.1	1.3	1.7	0.8	3.6	0.0	0.4	3.1
Meat	perishable	9.3	14.9	0.2	13.4	5.6	6.2	2.6	1.9	15.1	3.4
Meat	nonperishable	0.5	1.2	0.0	0.5	2.1	0.6	0.2	0.0	0.2	0.4
Meat	country	21.1	57.7	0.0	16.4	15.2	63.3	12.3	9.7	34.5	12.5
Alternates	perishable	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1
Alternates	nonperishable	2.1	2.5	0.3	3.3	0.6	1.1	0.0	0.3	1.5	1.2
Breads & cereals	perishable	2.4	1.3	5.2	0.7	3.6	2.0	0.0	0.0	3.1	4.5
Breads & cereals	nonperishable	19.7	9.0	46.1	1.8	5.4	17.4	0.1	0.1	21.6	12.9
Citrus	perishable	0.2	0.1	0.5	0.0	0.6	0.1	0.3	13.5	0.4	1.8
Citrus	nonperishable	0.4	0.1	1.0	0.0	0.4	0.3	0.3	22.0	0.5	1.5
Fruit	perishable	0.3	0.1	0.7	0.0	0.3	0.1	0.4	3.5	0.4	0.7
Fruit	nonperishable	0.3	0.0	0.9	0.0	0.3	0.2	0.0	0.7	0.3	0.2
Potatoes	perishable	0.9	0.3	2.3	0.0	0.5	0.3	0.0	5.3	1.2	1.3
Potatoes	nonperishable	0.3	0.1	0.5	0.2	0.8	0.1	0.6	2.7	0.7	0.3
Vegetables	perishable	0.6	0.3	1.5	0.1	1.1	0.4	24.5	5.5	1.1	4.6
Vegetables	nonperishable	0.2	0.1	0.4	0.0	0.3	0.2	1.7	2.0	0.3	1.8
Fats	perishable	1.6	0.0	0.0	3.8	0.3	0.0	5.5	0.0	0.0	0.1
Fats	nonperishable	12.4	0.0	0.2	29.7	0.1	0.1	0.2	0.9	0.1	0.5
Fats	country	9.8	7.8	0.0	25.4	0.8	2.0	43.4	0.0	5.7	0.0
Sweets	nonperishable	7.9	0.0	23.5	0.0	1.3	0.3	0.0	24.2	10.0	0.1
Misc	perishable	0.1	0.1	0.2	0.1	0.7	0.1	0.2	0.3	0.1	0.1
Misc	nonperishable	2.0	0.9	4.9	0.4	41.9	3.2	1.7	1.0	1.3	43.6
LNV	total	5.9	0.6	10.3	1.5	4.1	1.1	0.2	2.3	0.9	4.0
Total		100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

Table 6a. Percentage energy and fat from Food Groups, Inuit women under 45, Quebec and Food Mail Nutrition Surveys

Food Group		Perish/non	Calories					Fat								
			Quebec	Repulse Bay	Nain	Pond Inlet 1993	Arctic Bay	Coral Harbour	Gloa Haven	Quebec	Repulse Bay	Nain	Pond Inlet 1993	Arctic Bay	Coral Harbour	Gloa Haven
Dairy	Perishable	2.6	1.9	1.7	1.9	2.3	3.7	2.7	3.4	3.5	3.5	3.1	3.6	5.7	4.4	
Dairy	Non-perish	0.5	0.4	2.3	0.6	0.9	0.9	1.5	0.7	0.6	3.9	1.0	1.3	1.3	2.2	
Eggs	Perishable	1.7	0.4	1.1	0.5	1.1	0.4	0.8	2.8	0.8	2.3	1.0	1.9	0.7	1.4	
Meat	Perishable	13.3	7.7	13.3	5.6	15.2	12.3	6.7	19.5	14.8	24.1	10.1	25.3	22.2	11.6	
Meat	Non-perish	0.2	0.0	0.2	0.6	0.2	0.0	0.0	0.2	0.0	0.4	1.2	0.3	0.0	0.0	
Meat	Country	12.4	18.5	15.3	19.3	17.7	16.9	15.3	10.7	15.2	15.0	22.4	23.7	20.2	22.2	
Alternates	Perishable	0.3	0.3	1.2	0.3	0.6	0.7	0.7	0.7	0.8	2.9	0.9	1.3	1.5	1.7	
Alternates	Non-perish	0.3	1.0	0.5	0.7	0.1	1.5	0.9	0.6	2.7	0.9	1.4	0.2	2.7	1.9	
Bread & Cereals	Perishable	6.4	2.6	4.5	1.9	2.3	4.1	3.2	2.1	1.1	1.8	0.7	0.9	1.6	1.1	
Bread & Cereals	Non-perish	12.1	16.5	15.2	16.9	12.0	8.7	13.8	2.0	7.9	4.1	2.0	3.0	1.9	1.0	
Citrus	Perishable	1.2	0.0	1.1	0.3	1.3	0.6	0.2	0.1	0.0	0.1	0.0	0.1	0.0	0.0	
Citrus	Non-perish	0.8	0.0	1.8	0.5	0.7	1.1	0.5	0.2	0.0	0.2	0.3	0.7	0.2	0.2	
Fruit	Perishable	0.9	0.6	0.2	0.7	0.4	0.9	0.5	0.1	0.2	0.0	0.1	0.1	0.1	0.1	
Fruit	Non-perish	0.1	0.1	0.1	0.1	0.1	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
Potatoes	Perishable	3.1	1.2	3.9	0.8	1.5	1.1	0.9	1.7	1.3	2.6	0.7	1.4	0.8	0.5	
Potatoes	Non-perish	0.4	0.5	0.5	0.1	0.5	0.6	0.4	0.4	0.7	0.7	0.1	0.5	0.3	0.4	
Vegetables	Perishable	0.6	0.2	1.0	0.3	0.6	0.5	0.4	0.1	0.0	1.0	0.1	0.2	0.1	0.1	
Vegetables	Non-perish	0.3	0.1	0.2	0.3	0.4	0.9	0.2	0.0	0.0	0.0	0.1	0.1	0.1	0.0	
Fats	Perishable	2.8	0.7	1.5	0.8	0.5	0.9	1.3	7.5	2.5	5.3	2.5	1.4	2.7	3.8	
Fats	Non-perish	5.9	4.3	1.4	6.0	3.3	2.7	4.0	15.3	14.9	4.9	19.3	9.4	8.0	11.6	
Fats	Country	6.7	0.0	0.1	0.5	0.0	1.0	0.4	19.0	0.0	0.3	1.4	0.0	3.2	1.3	
Sweets	Perishable	0.1	0.0	0.0	0.2	0.2	0.1	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
Sweets	Non-Perish	6.5	13.9	5.6	8.7	5.0	7.5	8.2	0.2	0.0	0.0	0.9	0.0	0.5	0.5	
Misc	Perishable	1.5	2.0	4.5	4.6	6.8	4.2	4.9	1.5	3.6	7.0	5.7	7.1	6.1	5.7	
Misc	Non-perish	2.0	4.5	1.9	6.0	6.8	4.7	6.2	0.8	2.9	1.2	4.6	4.8	3.6	4.8	
LNV	All groups	17.2	22.5	20.9	21.7	19.4	23.6	25.8	10.6	26.5	17.4	20.2	12.7	16.3	23.6	
Total		100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	

Table 6b. Percentage carbohydrate from Food Groups, Inuit women under 45, Quebec and Food Mail Nutrition Surveys

Food Group	Perish/non	Quebec	Repulse Bay	Nain	Pond Inlet	Arctic Bay	Coral Harbour	Gloa Haven
					1993			
Dairy	Perishable	1.7	1.3	0.5	1.1	0.9	2.2	1.3
Dairy	Non-perish	0.3	0.2	1.4	0.4	0.6	0.6	0.9
Eggs	Perishable	0.1	0.0	0.1	0.0	0.1	0.0	0.1
Meat	Perishable	1.1	0.5	1.6	0.3	1.1	0.6	0.6
Meat	Non-perish	0.1	0.0	0.0	0.1	0.0	0.0	0.0
Meat	Country	0.0	0.2	0.1	0.0	0.0	0.0	0.0
Alternates	Perishable	0.1	0.0	0.1	0.0	0.1	0.1	0.1
Alternates	Non-perish	0.0	0.0	0.4	0.2	0.0	0.7	0.3
Bread & Cereals	Perishable	10.8	4.0	7.1	2.9	3.9	6.5	4.7
Bread & Cereals	Non-perish	22.7	24.9	24.9	28.9	21.9	15.2	24.1
Citrus	Perishable	2.7	0.1	2.3	0.7	2.9	1.3	0.4
Citrus	Non-perish	1.6	0.0	3.7	0.9	1.0	2.2	0.8
Fruit	Perishable	2.2	1.1	0.3	1.5	0.9	1.9	1.1
Fruit	Non-perish	0.4	0.3	0.2	0.1	0.3	0.5	0.3
Potatoes	Perishable	5.2	1.6	6.3	1.1	2.1	1.7	1.4
Potatoes	Non-perish	0.6	0.6	0.6	0.1	0.7	0.8	0.5
Vegetables	Perishable	1.3	0.3	1.4	0.5	1.2	1.0	0.7
Vegetables	Non-perish	0.6	0.1	0.4	0.5	0.8	1.7	0.3
Fats	Perishable	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Fats	Non-perish	0.3	0.0	0.0	0.0	0.0	0.0	0.0
Fats	Country	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sweets	Perishable	0.3	0.0	0.0	0.5	0.4	0.2	0.8
Sweets	Non-Perish	15.1	29.1	12.2	17.9	11.7	16.0	16.3
Misc	Perishable	1.3	1.3	3.3	3.8	6.7	3.1	4.1
Misc	Non-perish	3.5	5.9	3.0	7.8	9.2	5.5	7.3
LNV	All groups	27.9	28.3	30.3	30.5	33.4	38.2	33.8
Total		100.0	100.0	100.0	100.0	100.0	100.0	100.0

Table 6c. Percentage calcium and iron from Food Groups, Inuit women under 45, Quebec and Food Mail Nutrition Surveys

Food Group	Perish/non	Calcium					Iron								
		Quebec	Repulse Bay	Nain	Pond Inlet 1993	Arctic Bay	Coral Harbour	Gloa Haven	Quebec	Repulse Bay	Nain	Pond Inlet 1993	Arctic Bay	Coral Harbour	Gloa Haven
Dairy	Perishable	24.2	11.7	14.8	16.2	18.7	25.3	15.2	0.3	0.1	0.2	0.1	0.2	0.5	0.5
Dairy	Non-perish	4.7	3.6	21.1	5.5	7.3	7.1	10.2	0.1	0.0	0.3	0.1	0.1	0.1	0.3
Eggs	Perishable	2.7	0.6	1.8	0.8	1.5	0.6	1.0	1.9	0.3	1.0	0.4	1.0	0.4	1.1
Meat	Perishable	4.5	2.8	4.9	1.5	3.6	2.3	1.2	13.2	4.4	9.6	2.5	8.1	6.4	5.4
Meat	Non-Perish	0.3	0.0	0.0	0.9	1.7	0.0	0.0	0.3	0.0	0.1	0.6	0.3	0.1	0.3
Meat	Country	5.6	7.5	6.4	7.4	5.5	4.8	5.4	44.1	67.8	54.4	67.7	57.1	55.4	39.9
Alternates	Perishable	0.1	0.1	0.2	0.1	0.1	0.4	0.1	0.2	0.1	0.8	0.1	0.2	0.8	0.3
Alternates	Non-perish	0.0	0.1	0.3	0.3	0.0	0.6	0.3	0.2	0.2	0.5	0.4	0.0	1.4	0.5
Bread & Cereals	Perishable	7.8	3.4	5.6	2.1	2.3	4.3	2.9	7.0	2.0	4.0	1.2	2.0	4.1	4.4
Bread & Cereals	Non-perish	5.3	9.6	4.9	4.8	5.4	2.4	3.3	15.9	10.3	13.4	12.2	10.5	9.8	16.5
Citrus	Perishable	2.0	0.2	1.2	0.5	2.2	0.9	0.2	0.4	0.0	0.3	0.1	0.4	0.4	0.1
Citrus	Non-perish	0.7	0.0	2.3	0.5	0.7	0.9	0.3	0.7	0.0	1.8	0.4	0.4	1.0	0.6
Fruit	Perishable	0.7	0.4	0.1	0.3	0.2	0.4	0.2	0.4	0.2	0.0	0.2	0.1	0.3	0.3
Fruit	Non-perish	0.1	0.1	0.1	0.0	0.1	0.1	0.1	0.1	0.1	0.1	0.0	0.1	0.2	0.1
Potatoes	Perishable	1.0	0.3	1.2	0.2	0.3	0.3	0.2	1.8	0.6	1.8	0.3	0.8	0.7	0.7
Potatoes	Non-perish	1.0	1.2	1.6	0.2	1.0	1.1	0.7	0.1	0.1	0.1	0.0	0.2	0.2	0.2
Vegetables	Perishable	1.7	0.8	1.8	0.8	1.1	1.5	0.8	0.9	0.3	0.7	0.3	0.7	0.8	0.9
Vegetables	Non-perish	0.3	0.0	0.3	0.3	0.3	0.6	0.1	0.4	0.0	0.3	0.2	0.4	0.9	0.2
Fats	Perishable	0.4	0.1	0.2	0.1	0.1	0.1	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0
Fats	Non-perish	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
Fats	Country	0.5	0.0	0.0	0.0	0.0	0.1	0.0	1.8	0.0	0.0	0.1	0.0	0.3	0.2
Sweets	Perishable	0.0	0.0	0.0	0.4	0.1	0.0	0.7	0.1	0.0	0.0	0.1	0.1	0.0	0.1
Sweets	Non-perish	3.7	8.9	6.6	5.3	3.3	6.4	17.5	0.6	0.4	0.2	0.7	0.3	0.7	0.8
Misc	Perishable	4.3	4.4	4.2	11.5	16.4	7.8	9.5	1.3	1.0	2.7	2.5	5.7	2.7	6.0
Misc	Non-perish	16.5	21.2	6.2	25.1	14.5	14.9	15.8	3.4	5.7	3.2	5.1	6.6	6.8	9.9
LNV	All groups	11.8	22.8	14.1	15.3	13.7	17.4	14.1	4.8	6.3	4.6	4.7	4.7	6.0	10.7
Total		100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

Table 6d. Percentage vitamin C and folacin from Food Groups, Inuit women under 45, Quebec and Food Mail Nutrition Surveys

Food Group	Perish/non	Vitamin C					Folacin								
		Quebec	Repulse Bay	Nain	Pond Inlet 1993	Arctic Bay	Coral Harbour	Gloa Haven	Quebec	Repulse Bay	Nain	Pond Inlet 1993	Arctic Bay	Coral Harbour	Gloa Haven
Dairy	Perishable	0.9	0.4	0.1	0.6	0.5	0.9	0.2	2.3	1.3	0.9	1.7	1.2	4.0	1.9
Dairy	Non-perish	1.7	1.6	5.7	2.6	3.6	3.1	3.0	0.4	0.4	1.8	0.5	0.6	1.0	1.4
Eggs	Perishable	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.0	1.9	3.9	1.9	3.0	2.0	3.5
Meat	Perishable	2.9	0.1	1.0	0.1	0.3	0.3	0.1	7.7	5.5	6.7	2.1	4.2	4.4	2.3
Meat	Non-Perish	0.4	0.0	0.0	0.1	0.0	0.0	0.0	0.2	0.0	0.0	0.3	0.3	0.0	0.0
Meat	Country	2.1	9.9	1.8	4.0	2.4	3.3	1.0	8.4	11.1	4.7	6.6	6.1	9.9	8.6
Alternates	Perishable	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.5	0.3	0.3	0.2	2.8	0.3
Alternates	Non-perish	0.0	0.1	0.0	0.0	0.0	0.1	0.1	0.1	0.4	1.1	0.6	0.0	1.7	1.0
Bread & Cereals	Perishable	0.2	0.0	0.0	0.1	0.0	0.0	0.0	9.7	7.3	7.8	3.3	3.1	9.8	6.6
Bread & Cereals	Non-perish	0.0	0.2	0.0	0.1	0.3	0.0	0.0	7.9	12.7	9.1	12.1	6.3	8.6	8.7
Citrus	Perishable	29.7	2.3	20.8	11.0	39.2	7.6	2.0	11.2	0.7	14.8	1.9	10.2	3.5	0.6
Citrus	Non-perish	12.7	0.2	22.8	13.2	4.9	18.3	5.2	1.2	0.1	3.0	2.7	1.7	1.1	0.5
Fruit	Perishable	4.4	4.2	0.4	2.6	1.6	2.7	0.8	1.6	1.7	0.2	1.3	0.6	2.5	1.0
Fruit	Non-perish	0.2	0.1	0.0	0.0	0.2	0.7	0.0	0.1	0.0	0.0	0.0	0.1	0.2	0.0
Potatoes	Perishable	7.1	2.7	6.2	1.9	2.5	2.5	1.1	3.4	2.1	4.9	1.0	1.2	1.7	1.4
Potatoes	Non-perish	1.6	3.0	1.5	0.5	2.1	3.1	1.2	0.4	0.8	0.5	0.1	0.4	1.0	0.6
Vegetables	Perishable	5.0	3.4	2.8	4.1	6.6	4.7	3.5	4.2	3.4	3.6	3.6	3.0	6.8	4.2
Vegetables	Non-perish	1.2	0.2	0.4	0.9	1.2	2.3	0.3	2.1	1.0	1.8	2.5	2.8	10.2	1.7
Fats	Perishable	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.1	0.0
Fats	Non-perish	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0
Fats	Country	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sweets	Perishable	0.4	0.0	0.0	2.6	0.5	0.2	3.0	0.1	0.0	0.0	0.0	0.1	0.1	0.0
Sweets	Non-perish	15.3	52.9	22.2	28.2	16.4	34.9	61.3	0.2	0.2	0.1	0.2	0.0	0.5	0.1
Misc	Perishable	1.7	2.3	2.7	5.4	5.7	2.6	1.9	3.5	11.1	4.6	15.9	31.8	9.1	27.3
Misc	Non-perish	0.9	4.7	1.0	3.8	2.2	3.1	1.7	26.5	22.1	24.9	29.7	17.6	10.5	18.3
LNV	All groups	11.1	11.7	10.5	18.0	9.8	9.4	13.5	3.5	15.5	5.3	11.6	5.5	8.4	10.0
Total		100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

Table 7a. Means of macronutrients from country and store foods in 24-hour recall, by age and sex, Quebec Inuit

	Amount	Calories	Protein	Carbohydrates	Fat
	g		g	g	g
Age <45					
Females (N=156)					
Perishables	409.28	636.32	36.60	53.72	30.45
Nonperishables	1315.68	533.98	9.11	90.42	15.59
LNV	438.79	315.96	2.04	55.77	8.17
Country	169.74	350.89	41.36	0.03	22.84
	2333.49	1837.15	89.10	199.95	77.05
Males (N=134)					
Perishables	494.29	809.62	47.56	58.46	42.47
Nonperishables	1425.14	640.62	11.30	109.76	17.80
LNV	615.36	453.19	3.99	66.86	10.27
Country	185.31	379.46	42.82	0.05	24.36
	2720.09	2282.90	105.67	235.12	94.89
Age 45+					
Females (N=78)					
Perishables	196.62	302.22	19.57	19.76	16.14
Nonperishables	1536.20	737.34	11.96	109.70	27.64
LNV	161.57	102.38	0.66	17.81	2.10
Country	226.73	483.18	54.12	0.04	33.81
	2121.13	1625.12	86.31	147.31	79.70
Males (N=57)					
Perishables	226.09	387.69	26.21	22.48	21.18
Nonperishables	1880.89	1059.71	19.52	155.96	38.65
LNV	265.15	136.34	0.76	20.57	1.61
Country	364.72	711.03	88.32	0.08	44.17
	2736.86	2294.77	134.82	199.09	105.61

Table 7b. Means of micronutrients from country and store foods in 24-hour recall, by age and sex, Quebec Inuit

	Calcium	Iron	Vitamin A	Vitamin C	Thiamin	Folacin
	mg	mg	RE	mg	mg	mcg
Age <45						
Females (N=156)						
Perishables	189.53	4.32	374.89	35.37	0.51	74.91
Nonperishables	125.75	3.45	60.42	23.44	0.32	59.96
LNV	45.19	0.76	11.17	7.50	0.04	5.28
Country	23.42	7.23	351.02	1.44	0.40	12.79
	383.90	15.76	797.49	67.76	1.27	152.93
Males (N=134)						
Perishables	296.53	5.04	432.07	26.16	0.64	71.49
Nonperishables	144.20	4.07	77.10	35.54	0.43	66.78
LNV	58.91	0.96	16.75	7.01	0.07	18.35
Country	23.14	7.26	250.40	1.68	0.41	14.56
	522.78	17.33	776.32	70.38	1.56	171.18
Age						
Females (N=78)						
Perishables	72.46	2.61	205.72	17.54	0.27	28.94
Nonperishables	198.17	4.37	37.67	9.25	0.37	74.92
LNV	16.11	0.24	3.34	1.28	0.01	4.04
Country	31.25	9.50	343.62	1.64	0.50	12.96
	317.99	16.73	590.35	29.71	1.16	120.86
Males (N=57)						
Perishables	85.84	2.59	287.02	10.70	0.41	33.06
Nonperishables	231.50	5.98	39.94	20.20	0.68	100.84
LNV	16.35	0.27	1.46	0.82	0.02	6.43
Country	63.56	16.67	412.54	3.43	0.75	19.97
	397.24	25.51	740.95	35.14	1.85	160.31

Table 8a. Percentage of macronutrients from country and store foods in 24-hour recall, by age and sex, Quebec Inuit

	Amount	Calories	Protein	Carbohydrates	Fat
Age <45					
Females (N=156)					
Perishables	17.54	34.64	41.07	26.87	39.52
Nonperishables	56.38	29.07	10.23	45.22	20.23
LNV	18.80	17.20	2.28	27.89	10.60
Country	7.27	19.10	46.42	0.02	29.65
	100.00	100.00	100.00	100.00	100.00
Males (N=134)					
Perishables	18.17	35.46	45.01	24.86	44.76
Nonperishables	52.39	28.06	10.69	46.68	18.76
LNV	22.62	19.85	3.78	28.43	10.82
Country	6.81	16.62	40.52	0.02	25.67
	100.00	100.00	100.00	100.00	100.00
Age 45+					
Females (N=78)					
Perishables	9.27	18.60	22.67	13.41	20.26
Nonperishables	72.42	45.37	13.85	74.47	34.68
LNV	7.62	6.30	0.77	12.09	2.64
Country	10.69	29.73	62.71	0.03	42.42
	100.00	100.00	100.00	100.00	100.00
Males (N=57)					
Perishables	8.26	16.89	19.44	11.29	20.06
Nonperishables	68.72	46.18	14.48	78.33	36.60
LNV	9.69	5.94	0.57	10.33	1.53
Country	13.33	30.98	65.51	0.04	41.82
	100.00	100.00	100.00	100.00	100.00

Table 8b. Percentage of micronutrients from country and store foods in 24-hour recall by age and sex, Quebec Inuit

	Calcium	Iron	Vitamin A	Vitamin C	Thiamin	Folacin
Age < 45						
Females (N=156)						
Perishables	49.37	27.41	47.01	52.21	40.23	48.98
Nonperishables	32.76	21.87	7.58	34.59	25.03	39.20
LNV	11.77	4.82	1.40	11.07	3.34	3.45
Country	6.10	45.90	44.02	2.13	31.40	8.36
	100.00	100.00	100.00	100.00	100.00	100.00
Males (N=134)						
Perishables	56.72	29.08	55.66	37.16	41.30	41.76
Nonperishables	27.58	23.47	9.93	50.49	27.93	39.01
LNV	11.27	5.57	2.16	9.96	4.68	10.72
Country	4.43	41.89	32.25	2.38	26.09	8.51
	100.00	100.00	100.00	100.00	100.00	100.00
Age 45+						
Females (N=78)						
Perishables	22.79	15.63	34.85	59.03	23.37	23.94
Nonperishables	62.32	26.14	6.38	31.13	32.09	61.99
LNV	5.07	1.45	0.57	4.32	1.27	3.34
Country	9.83	56.78	58.21	5.53	43.27	10.72
	100.00	100.00	100.00	100.00	100.00	100.00
Males (N=57)						
Perishables	21.61	10.14	38.74	30.44	22.26	20.62
Nonperishables	58.28	23.45	5.39	57.47	36.60	62.91
LNV	4.11	1.05	0.20	2.33	0.90	4.01
Country	16.00	65.36	55.68	9.76	40.24	12.46
	100.00	100.00	100.00	100.00	100.00	100.00

Table 9a. Percentage of macronutrients from country and store foods in 24-hour diet recall, Inuit women under 45, Quebec and Food Mail Nutrition Surveys

Community	Category	Calories	Protein	Carbohydrates	Fat
Quebec	Perishable	34.6	41.1	26.9	39.6
	Nonperish	29.1	10.2	45.2	20.2
	LNV	17.2	2.3	27.9	10.6
	Country	19.1	46.4	0.0	29.6
Repulse Bay	Perishable	17.7	19.5	10.3	28.5
	Nonperish	41.3	13.9	61.1	29.7
	LNV	22.5	6.2	28.3	26.5
	Country	18.5	60.3	0.2	15.2
Nain	Perishable	33.9	37.2	22.9	50.7
	Nonperish	29.7	12.7	46.7	16.5
	LNV	20.9	3.1	30.3	17.4
	Country	15.4	47.0	0.1	15.4
Pond Inlet 1993	Perishable	18.2	20.1	12.8	25.1
	Nonperish	40.5	15.9	56.9	31.0
	LNV	21.6	4.3	30.4	20.1
	Country	19.8	59.7	0.0	23.8
Arctic Bay	Perishable	32.8	38.3	20.4	43.3
	Nonperish	30.1	13.0	46.2	20.3
	LNV	19.4	2.9	33.4	12.7
	Country	17.7	45.8	0.0	23.7
Coral Harbour	Perishable	29.6	33.0	18.7	41.6
	Nonperish	28.8	12.9	43.1	18.8
	LNV	23.6	3.5	38.2	16.3
	Country	18.0	50.6	0.0	23.4
Gjoa Haven	Perishable	22.8	28.0	15.3	30.4
	Nonperish	35.8	17.0	50.9	22.6
	LNV	25.8	6.1	33.8	23.6
	Country	15.7	48.8	0.0	23.5

Table 9b. Percentage of micronutrients from country and store foods,, in 24-hour diet recall, Inuit women under 45, Quebec and Food Mail Nutrition Surveys

Community	Category	Calcium	Iron	Vitamin A	Vitamin C	Thiamin	Folacin
Quebec	Perishable	49.4	27.4	47.0	52.2	40.2	48.9
	Nonperish	32.8	21.9	7.6	34.6	25.0	39.2
	LNV	11.8	4.8	1.4	11.1	3.3	3.4
	Country	6.1	45.9	44.0	2.1	31.4	8.4
Repulse Bay	Perishable	24.9	9.0	63.0	15.3	21.9	35.6
	Nonperish	44.8	16.9	23.3	63.1	30.8	37.8
	LNV	22.8	6.3	6.8	11.7	9.4	15.5
	Country	7.5	67.8	6.9	9.9	37.9	11.1
Nain	Perishable	36.1	21.1	64.7	34.0	38.3	47.8
	Nonperish	43.3	19.9	23.7	53.7	29.7	42.2
	LNV	14.1	4.6	5.2	10.5	4.6	5.3
	Country	6.4	54.4	6.4	1.8	27.4	4.7
Pond Inlet 1993	Perishable	34.6	7.8	31.5	28.4	16.5	33.6
	Nonperish	42.7	19.7	19.6	49.6	40.4	48.4
	LNV	15.3	4.7	4.1	18.0	5.3	11.5
	Country	7.4	67.8	44.8	4.0	37.9	6.6
Arctic Bay	Perishable	46.4	19.4	54.2	56.9	37.5	58.6
	Nonperish	34.4	18.8	13.5	30.9	26.9	29.8
	LNV	13.7	4.7	3.2	9.8	4.6	5.5
	Country	5.5	57.1	29.1	2.4	31.0	6.1
Coral Harbour	Perishable	43.8	17.1	51.0	21.6	37.1	46.8
	Nonperish	34.0	21.2	17.9	65.7	26.8	34.9
	LNV	17.4	6.0	3.2	9.4	4.2	8.4
	Country	4.8	55.7	27.8	3.3	31.9	9.9
Gjoa Haven	Perishable	32.2	19.9	46.2	12.7	24.4	49.2
	Nonperish	48.3	29.3	20.4	72.7	32.8	32.3
	LNV	14.1	10.7	3.4	13.5	7.0	10.0
	Country	5.4	40.1	30.1	1.0	35.9	8.6

Table 10. Mean weekly amounts of food (in grams), (Food Frequency Questionnaire), Quebec Inuit Women

Country Food	Age <45	Age 45+
Beluga (fresh, frozen or cooked)	27.6	33.3
Beluga (dried)	14.4	25.7
Beluga liver	0.2	0.0
Misirak	13.9	16.7
Muktuk	87.3	93.3
Seal (fresh, frozen or cooked)	28.4	38.4
Seal (dried)	7.3	15.2
Seal liver	9.7	15.7
Seal fat	10.6	11.0
Caribou (fresh, frozen or cooked)	291.0	262.1
Caribou (dried)	102.3	143.1
Seal misirak	10.3	26.9
Rabbit	0.1	0.3
Whale, Narwhal	2.9	4.2
Walrus	6.0	13.9
Geese and Ducks (fresh, frozen or cooked)	168.7	119.4
Geese and Ducks (dried)	1.0	14.7
Ptarmigan	118.3	81.8
Arctic Char (fresh, frozen or cooked)	201.5	182.5
Arctic Char (dried)	39.9	73.0
Salmon (fresh, frozen or cooked)	10.7	4.0
Salmon (dried)	0.1	0.0
Wild berries	114.6	87.2

Store Food or Beverage	Women under 45	Women 45 and over
Chicken (breast, leg or whole)	132.2	90.3
Frozen fried breaded chicken	72.6	76.3
Pork chops	96.1	63.6
Wieners	59.3	39.4
Luncheon meats, canned (Klik, Prem)	89.8	53.4
Luncheon meats, sliced	33.1	18.5
Baked beans, canned	91.3	55.7
Canned beef stew	79.2	96.0
Pizza, small	39.8	21.6
Pizza, large	22.7	6.8
Ground beef or frozen hamburger patties	75.0	40.4
Corned beef	29.5	41.2
T-Bone steaks	25.9	19.6
Canned pink salmon	10.7	11.0
Canned sardines	21.9	24.0
Frozen fish sticks	7.9	4.1
Peanut butter	13.2	4.7

Cheese slices	45.5	20.3
Cheese, cheddar	53.7	19.0
Eggs	211.7	173.5
Bannock	573.0	1080.3
Bread, white	276.2	110.9
Bread, whole wheat	49.3	27.1
Macaroni and cheese dinner (ex: Kraft dinner)	138.9	95.4
Oatmeal	58.2	146.4
Rice, macaroni and spaghetti	263.9	305.4
Cakes, donuts and pies	40.6	27.0
Pilot biscuits	41.5	52.7
Cookies	61.7	51.1
Pop	2840.1	1013.6
Tang	688.6	1183.9
Pure apple or orange juice, frozen (ex: McCain)	1664.8	630.4
French fries (eaten at home)	43.7	45.1
Potato chips	142.5	73.4
Carnation/Shiriff mashed potatoes	154.2	227.5
Potatoes, fresh, cooked	256.3	243.0
Carrots (fresh/canned/frozen)	69.7	58.5
Canned tomatoes	39.4	42.0
Canned corn	104.8	105.7
Canned fruits	87.3	88.4
Fresh fruits (ex: apples, bananas)	593.6	286.0
Lard (as a spread or a dip)	4.9	7.8
Fresh or UHT milk	478.1	445.8
Powdered milk/undil	0.0	3.3
Evap. milk, diluted	18.2	12.7
Evap. milk, undiluted	52.2	72.2

Table 11a. *Percentage who regularly eat vegetables, by age and sex, Quebec Inuit*

Vegetable	Age <45		Age 45+	
	Females	Males	Females	Males
Broccoli	23.4	22.1	13.3	16.7
Carrots	57.3	47.7	40.0	27.8
Cauliflower	28.1	22.1	3.3	22.2
Cucumber	37.4	31.4	0.0	22.2
Green pepper	26.9	16.5	20.0	11.1
Lettuce	58.2	65.1	20.0	44.4
Mushrooms	36.5	31.4	26.7	27.8
Onions	74.3	90.7	60.0	66.7
Peas	45.6	48.8	33.3	33.3
Tomatoes	55.0	59.3	30.0	52.9
Potatoes	81.3	88.4	63.3	70.6

Table 11b. *Percentage who never eat vegetables, by age and sex, Quebec Inuit*

Vegetable	Age <45		Age 45+	
	Females	Males	Females	Males
Broccoli	40.9	46.7	23.3	50.0
Carrots	7.6	16.7	7.0	27.8
Cauliflower	40.9	56.7	37.2	50.0
Cucumber	24.6	17.4	43.3	44.4
Green pepper	52.1	53.3	47.1	83.3
Lettuce	7.6	23.3	3.5	22.2
Mushrooms	32.9	23.3	41.9	61.1
Onions	3.5	6.7	1.2	0.0
Peas	19.3	26.7	20.9	38.9
Tomatoes	11.7	20.0	10.5	11.8
Potatoes	0.0	0.0	2.3	0.0

Table 12. Percentage who eat country foods, by age and sex, Quebec Inuit

	Age <45		Age 45+	
	Females	Males	Females	Males
Seal Meat				
At least once a week	20.4	21.7	41.8	39.4
1-3 times/month	39.2	36.9	31.6	37.7
Less than once a month	9.0	14.1	5.1	1.6
Never	31.4	27.3	21.5	21.3
Seal fat				
At least once a week	31.7	32.5	43.7	46.0
1-3 times/month	24.0	23.5	26.2	27.0
Less than once a month	6.5	10.0	3.8	4.8
Never	37.8	34.0	26.3	22.2
Beluga meat				
At least once a week	14.5	17.0	13.9	4.8
1-3 times/month	18.3	19.5	20.3	21.0
Less than once a month	7.3	9.0	3.8	3.2
Never	56.5	54.5	62.0	71.0
Beluga blubber				
At least once a week	21.3	22.6	47.5	30.6
1-3 times/month	19.4	13.1	7.5	9.7
Less than once a month	5.7	5.0	0.0	3.2
Never	53.6	59.3	45.0	56.5

Table 13. Change in weekly cost of Northern Food Basket by perishability, northern Quebec, 1991-92 and 1992-93

Community	Perishables					Difference			
	Cost			1991-1992		1992-1993		1991-93	
	1991	1992	1993						
				\$	%	\$	%	\$	%
Kuujuuaq	80.72	78.41	84.02	(2.31)	-2.9	5.61	7.2	3.30	4.1
Kangiqsujuuaq	77.69	83.48	87.00	5.79	7.4	3.52	4.2	9.31	12.0
Povungnituk	78.89	85.00	81.24	6.11	7.7	(3.76)	-4.4	2.35	3.0
	Nonperishables					Difference			
	Cost			1991-1992		1992-1993		1991-93	
	1991	1992	1993						
				\$	%	\$	%	\$	%
Kuujuuaq	120.49	123.56	135.88	3.07	2.5	12.32	10.0	15.39	12.8
Kangiqsujuuaq	132.67	129.82	138.82	(2.85)	-2.1	9.00	6.9	6.15	4.6
Povungnituk	129.65	136.34	139.15	6.69	5.2	2.81	2.1	9.50	7.3
	Northern Food Basket [*]					Difference			
	Cost			1991-1992		1992-1993		1991-93	
	1991	1992	1993						
				\$	%	\$	%	\$	%
Kuujuuaq	201.21	201.97	219.90	0.76	0.4	17.93	8.9	18.69	9.3
Kangiqsujuuaq	210.36	213.30	225.82	2.94	1.4	12.52	5.9	15.46	7.3
Povungnituk	208.54	221.34	220.39	12.80	6.1	(0.95)	-0.4	11.85	5.7

^{*}Adapted from the Thrifty Nutritious Food Basket developed by Agriculture and Agri-Food Canada and designed to meet the nutritional needs of the reference family of four: a woman and man (25-49 years); a boy (13-15) and girl (7-9)

Table 14a. Changes in consumption of store food from previous year: Kuujjuaq Inuit women, 1992 (n=50)

Food	Don't Eat %	More %	Less %	Same %
Store Food				
Milk, fresh or UHT	22.2	11.1	1.9	64.8
Cheese	11.1	20.4	7.4	61.1
Eggs	7.4	14.8	5.6	72.2
Meat, fresh or frozen	3.7	11.1	5.6	79.6
Canned meat or fish	24.1	3.7	18.5	53.7
Pizza	11.1	13.0	22.2	53.7
Fresh Fruit	3.7	25.9	0.0	70.4
Apple or orange juice	5.6	14.8	9.3	70.4
Canned fruit	16.7	5.6	9.3	68.5
Vegetables, fresh or frozen	3.7	9.3	7.4	79.6
Canned vegetables	9.3	5.6	9.3	75.9
Cookies, sweet (eg Oreos)	9.3	9.3	18.5	63.0
Candy	11.1	7.4	22.2	59.3
Pop	3.7	22.2	7.4	66.7

Table 14b. Changes in consumption of store food from previous year: Povungnituk Inuit Women, 1992 (n=47)

Food	Don't Eat %	More %	Less %	Same %
Store Food				
Milk, fresh or UHT	31.0	10.3	15.5	43.1
Cheese	17.2	13.8	27.6	41.4
Eggs	8.6	20.7	24.1	46.6
Meat, fresh or frozen	6.9	25.9	17.2	50.0
Canned meat or fish	22.4	17.2	19.0	41.4
Pizza	34.5	10.3	32.8	22.4
Fresh fruit	5.2	39.7	15.5	39.7
Apple or orange juice	10.3	32.8	13.8	43.1
Canned fruit	39.7	5.2	27.6	27.6
Vegetables, fresh or frozen	19.0	19.0	20.7	41.4
Canned vegetables	32.8	1.7	31.0	34.5
Cookies, sweet (eg Oreos)	15.5	17.2	25.9	41.4
Candy	36.2	5.2	32.8	25.9
Pop	8.6	32.8	22.4	36.2

Table 14c. *Changes in consumption of store food from previous year: Salluit Inuit women, 1992*
(n=35)

Food	Don't Eat	More	Less	Same
	%	%	%	%
Store Food				
Milk, fresh or UHT	20.4	16.7	20.4	42.6
Cheese	19.6	13.0	16.7	40.7
Eggs	9.3	20.4	16.7	53.7
Meat, fresh or frozen	1.8	29.6	9.3	59.3
Canned meat or fish	13.0	16.7	16.7	53.7
Pizza	22.2	25.9	18.5	33.3
Fresh fruit	3.7	35.2	11.1	50.0
Apple or orange juice	9.3	31.5	9.3	50.0
Canned fruit	16.7	13.0	13.0	16.7
Vegetables, fresh or frozen	11.1	31.5	11.1	46.3
Canned vegetables	7.4	24.1	15.5	50.0
Cookies, sweet (eg Oreos)	11.1	22.2	13.0	53.7
Candy	16.7	25.9	20.4	37.0
Pop	14.8	38.9	7.4	38.9

Table 14d. Changes in consumption of store food from previous year: Inuit women under 45, 1992, Quebec (n = 210)

Food	Don't Eat %	More %	Less %	Same %
Store Food				
Milk, fresh or UHT	21.0	13.3	18.1	47.6
Cheese	17.6	15.2	23.3	43.8
Eggs	5.7	24.8	18.6	51.0
Meat, fresh or frozen	3.8	26.7	11.4	58.1
Canned meat or fish	19.5	13.3	24.3	42.9
Pizza	14.8	22.0	27.8	35.4
Fresh fruit	2.4	41.2	10.5	45.9
Apple or orange juice	7.2	30.1	14.4	48.3
Canned fruit	23.1	10.1	25.0	41.8
Vegetables, fresh or frozen	11.5	23.1	15.4	50.0
Canned vegetables	18.3	11.1	25.0	45.7
Cookies, sweet (eg Oreos)	9.1	19.2	25.5	46.2
Candy	19.7	10.6	35.6	34.1
Pop	4.0	39.4	14.9	41.8

Table 14e. Changes in consumption of store food from previous year: Inuit women 45 and over, 1992, Quebec (n = 68)

Food	Don't Eat %	More %	Less %	Same %
Store Food				
Milk, fresh or UHT	32.4	17.7	10.3	39.7
Cheese	39.7	8.8	19.1	32.7
Eggs	11.8	16.2	22.1	50.0
Meat, fresh or frozen	13.2	17.7	13.2	55.9
Canned meat or fish	19.1	13.2	20.6	47.1
Pizza	45.6	13.2	16.2	25.0
Fresh fruit	8.8	16.2	17.7	57.4
Apple or orange juice	13.2	23.5	8.8	54.4
Canned fruit	26.5	14.7	11.8	47.1
Vegetables, fresh or frozen	16.2	17.7	16.2	50.0
Canned vegetables	20.6	11.8	20.6	47.1
Cookies, sweet (eg Oreos)	16.2	22.1	14.7	47.1
Candy	17.7	17.7	26.5	38.2
Pop	17.7	25.0	16.2	41.2

Table 15a. Perception of price change from previous year, Kuujjuaq Inuit women, 1992 (n=54)

	Price Went Up	Price Went Down	No Change	Don't Know
	%	%	%	%
Fresh milk	44.0	4.0	22.0	30.0
Milk powder	38.0	0.0	2.0	60.0
Evaporated milk	28.0	2.0	6.0	64.0
Meat (fresh or frozen)	66.0	0.0	6.0	28.0
Canned meat (e.g. Klik)	52.0	2.0	6.0	40.0
Prepared foods (e.g. Pizza)	48.0	0.0	6.0	46.0
Fresh fruit	60.0	2.0	6.0	32.0
Fruit juice (not drinks)	46.0	0.0	22.0	32.0
Vegetables (fresh or frozen)	46.0	2.0	10.0	42.0
Canned vegetables	48.0	2.0	16.0	34.0
Infant formula (not cream or evaporated milk)	44.0	0.0	2.0	54.0
Lard	36.0	0.0	16.0	48.0

Table 15b. Perception of price change from previous year, Povungnituk Inuit women, 1992 (n=58)

	Price Went Up	Price Went Down	No Change	Don't Know
	%	%	%	%
Fresh milk	23.4	8.5	34.0	34.0
Milk powder	12.8	0.0	0.0	87.2
Evaporated milk	23.4	0.0	12.8	63.8
Meat (fresh or frozen)	53.2	2.1	12.8	31.9
Canned meat (e.g. Klik)	48.9	0.0	17.0	34.0
Prepared foods (e.g. Pizza)	51.1	0.0	6.4	42.6
Fresh fruit	46.8	4.3	21.3	27.7
Fruit juice (not drinks)	57.5	2.1	17.0	23.4
Vegetables (fresh or frozen)	38.3	2.1	19.2	40.4
Canned vegetables	40.4	0.0	14.9	44.7
Infant formula (not cream or evaporated milk)	40.4	4.3	0.0	55.3
Lard	38.3	2.1	23.4	36.2

Table 15c. Perception of price change from previous year, Inuit women under 45, 1992, Quebec (n = 175)

	Price Went Up	Price Went Down	No Change	Don't Know
	%	%	%	%
Fresh milk	53.1	4.6	17.7	24.6
Milk powder	30.9	0.0	2.3	66.9
Evaporated milk	41.1	0.6	8.6	49.7
Meat (fresh or frozen)	70.3	0.0	7.4	22.3
Canned meat (e.g. Klik)	59.4	1.1	9.1	30.3
Prepared foods (e.g. Pizza)	62.9	0.0	4.0	33.1
Fresh fruit	61.1	1.7	11.4	25.7
Fruit juice (not drinks)	60.6	1.1	13.1	25.1
Vegetables (fresh or frozen)	55.4	0.6	10.3	33.7
Canned vegetables	52.0	1.7	13.1	33.1
Infant formula (not cream or evaporated milk)	45.7	1.1	1.7	51.4
Lard	49.1	1.1	13.1	36.6

Table 15d. Perception of price change from previous year, Inuit women 45 and over, 1992, Quebec (n = 82)

	Price Went Up	Price Went Down	No Change	Don't Know
	%	%	%	%
Fresh milk	65.9	2.4	6.1	25.6
Milk powder	46.3	0.0	1.2	52.4
Evaporated milk	62.2	1.2	8.5	28.1
Meat (fresh or frozen)	84.2	1.2	6.1	8.5
Canned meat (e.g. Klik)	78.1	0.0	7.3	14.6
Prepared foods (e.g. Pizza)	74.4	0.0	6.1	19.5
Fresh fruit	78.1	2.4	7.3	12.2
Fruit juice (not drinks)	72.0	1.2	8.5	18.3
Vegetables (fresh or frozen)	73.2	3.7	6.1	17.1
Canned vegetables	75.6	0.0	4.9	19.5
Infant formula (not cream or evaporated milk)	65.9	2.4	1.2	30.5
Lard	76.8	2.4	11.0	9.8

Table 16a. Change in weekly cost of Food Groups, Kangiqsujuaq, 1992-93

Food Group	Perishables			
	Cost		Difference	
	1992	1993		
	\$	\$	\$	%
Dairy	7.90	8.23	0.33	4.2
Eggs	4.24	4.09	(0.15)	-3.5
Meat, Fish,Poultry	28.69	29.87	1.18	4.1
Meat Alternates	1.25	1.19	(0.06)	-4.8
Cereal & Bakery	5.20	6.09	0.89	17.1
Citrus	4.34	4.25	(0.09)	-2.1
Other Fruit	14.66	11.43	(3.23)	-22.0
Potatoes	10.91	16.51	5.60	51.3
Other Vegetables	4.04	2.84	(1.20)	-29.7
Fats & Oils	2.25	2.48	0.23	10.2
Sugar & Sweets				
All Food Groups	83.48	87.00	3.52	4.2

Food Group	Nonperishables			
	Cost		Difference	
	1992	1993		
	\$	\$	\$	%
Dairy	21.77	24.45	2.68	12.3
Eggs				
Meat, Fish,Poultry	1.19	1.58	0.39	32.8
Meat Alternates	6.74	7.30	0.58	8.6
Cereal & Bakery	28.83	33.13	4.30	14.9
Citrus	4.60	4.60	0.00	0.0
Other Fruit	3.50	3.20	(0.30)	-8.6
Potatoes				
Other Vegetables	43.75	43.75	0.00	0.0
Fats & Oils	3.20	3.20	0.00	0.0
Sugar & Sweets	5.25	5.97	0.72	13.7
All Food Groups	129.82	138.82	9.00	6.9

Food Group	Northern Food Basket*			
	Cost		Difference	
	1992	1993		
	\$	\$	\$	%
Dairy	29.67	32.68	3.01	10.1
Eggs	4.24	4.09	(0.15)	-3.5
Meat, Fish,Poultry	29.88	31.45	1.57	5.0
Meat Alternates	7.98	8.49	0.51	6.4
Cereal & Bakery	34.03	39.22	5.19	15.3
Citrus	8.94	8.85	(0.09)	-1.0
Other Fruit	18.16	14.64	(3.52)	-19.4
Potatoes	10.91	16.51	5.60	51.3
Other Vegetables	47.80	46.59	(1.21)	-2.5
Fats & Oils	5.46	5.69	0.23	4.2
Sugar & Sweets	5.25	5.97	0.72	13.7
All Food Groups	213.30	225.82	12.52	5.9

* Adapted from Agriculture Canada's Thrifty Nutritious Food Basket. Meets nutrient requirements of a family of four: man and woman (25-49 years); boy (13-15 years) and girl (7-9 years).

Table 16b. *Change in weekly cost of Food Groups, Kuujjuaq, 1992-93*

Food Group	Perishables			
	Cost			
	1992	1993	Difference	
	\$	\$	\$	%
Dairy	7.50	8.05	0.55	7.3
Eggs	3.73	3.73	0.00	0.0
Meat, Fish,Poultry	26.01	27.10	1.09	4.2
Meat Alternates	1.25	1.25	0.00	0.0
Cereal & Bakery	5.17	5.60	0.43	8.3
Citrus	3.80	4.17	0.37	9.7
Other Fruit	14.42	14.69	0.27	1.9
Potatoes	10.96	14.74	3.78	34.5
Other Vegetables	3.21	2.95	(0.26)	-8.1
Fats & Oils	2.36	1.74	(0.62)	-26.3
Sugar & Sweets				
All Food Groups	78.41	84.02	5.61	7.1

Food Group	Nonperishables			
	Cost			
	1992	1993	Difference	
	\$	\$	\$	%
Dairy	17.03	18.40	1.37	8.0
Eggs				
Meat, Fish,Poultry	1.48	2.27	0.79	53.4
Meat Alternates	5.62	6.66	1.04	18.5
Cereal & Bakery	33.53	33.27	(0.26)	-0.8
Citrus	4.15	4.60	0.45	10.8
Other Fruit	3.50	4.13	0.63	18.0
Potatoes				
Other Vegetables	39.30	46.23	6.93	17.6
Fats & Oils	2.68	3.16	0.48	17.9
Sugar & Sweets	5.83	3.16	(2.67)	-45.8
All Food Groups	123.56	135.88	12.32	10.0

Food Group	Northern Food Basket*			
	Cost			
	1992	1993	Difference	
	\$	\$	\$	%
Dairy	24.53	26.44	1.91	7.9
Eggs	3.73	3.73	0.00	0.0
Meat, Fish,Poultry	27.48	29.37	1.89	6.9
Meat Alternates	6.87	7.91	1.04	15.1
Cereal & Bakery	38.71	38.87	0.16	0.4
Citrus	7.95	8.77	0.82	9.4
Other Fruit	17.92	18.82	0.90	5.0
Potatoes	10.96	14.74	3.78	34.5
Other Vegetables	42.51	49.18	6.67	15.7
Fats & Oils	5.04	4.90	(0.14)	-2.8
Sugar & Sweets	5.83	5.81	(0.02)	-0.3
All Food Groups	201.97	219.90	17.93	8.9

* Adapted from Agriculture Canada's Thrifty Nutritious Food Basket. Meets nutrient requirements of a family of four: man and woman (25-49 years); boy (13-15 years) and girl (7-9 years).

Table 16c. Change in weekly cost of Food Groups, Povungnituk, 1992-93

Food Group	Perishables Cost		Difference	
	1992	1993		
	\$	\$	\$	%
Dairy	8.33	8.32	(0.01)	-0.1
Eggs	4.45	3.67	(0.78)	-17.5
Meat, Fish,Poultry	29.41	26.76	(2.65)	-9.0
Meat Alternates	1.33	1.29	(0.04)	-3.0
Cereal & Bakery	4.74	6.12	1.38	29.1
Citrus	4.09	3.43	(0.66)	-16.1
Other Fruit	16.53	11.93	(4.60)	-27.8
Potatoes	10.89	14.34	3.45	31.7
Other Vegetables	3.15	3.34	0.19	6.0
Fats & Oils	2.06	2.03	(0.03)	-1.5
Sugar & Sweets				
All Food Groups	85.00	81.24	(3.76)	-4.4

Food Group	Nonperishables Cost		Difference	
	1992	1993		
	\$	\$	\$	%
Dairy	21.73	22.32	0.59	2.7
Eggs				
Meat, Fish,Poultry	1.45	1.63	0.18	12.4
Meat Alternates	6.74	7.55	0.81	12.0
Cereal & Bakery	34.20	33.74	(0.48)	-1.4
Citrus	4.60	4.60	0.00	0.0
Other Fruit	3.62	3.82	0.20	5.5
Potatoes				
Other Vegetables	44.56	45.88	1.32	3.0
Fats & Oils	2.92	3.20	0.28	9.6
Sugar & Sweets	5.28	5.91	0.63	11.9
All Food Groups	136.34	139.15	2.81	2.1

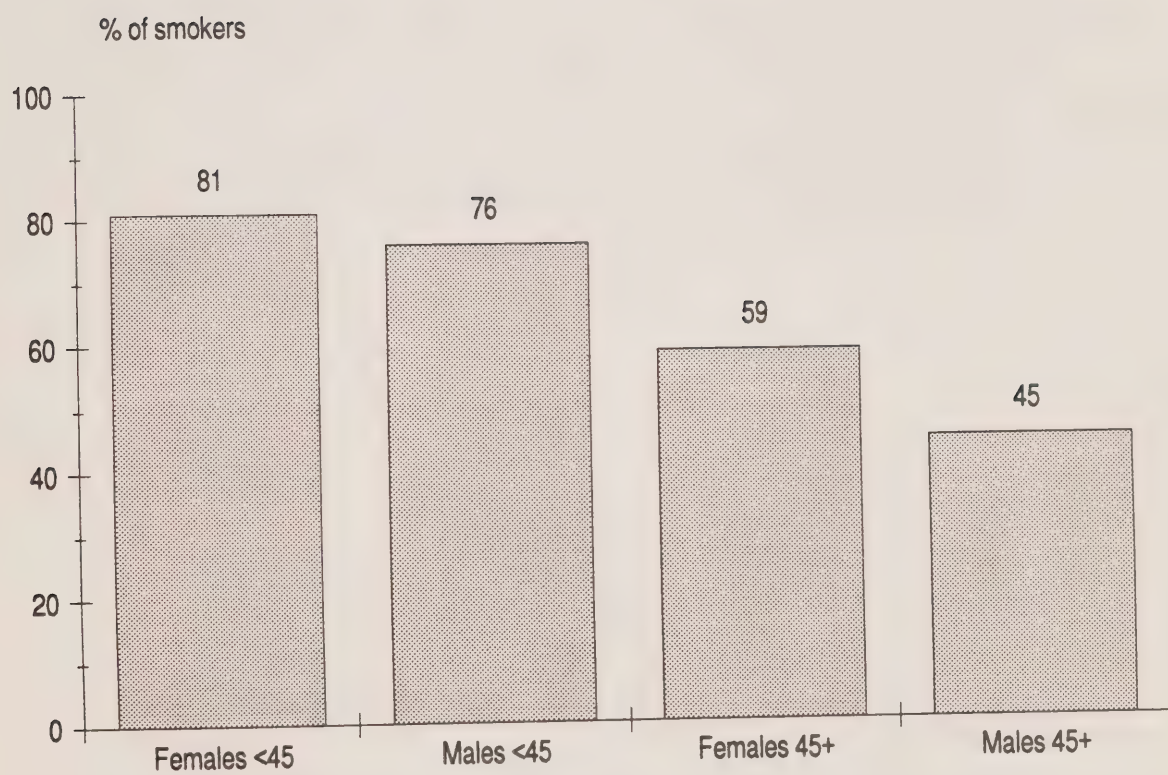
Food Group	Northern Food Basket*		Difference	
	1992	1993		
	\$	\$	\$	%
Dairy	30.06	30.64	0.58	1.9
Eggs	4.45	3.67	(0.78)	-17.5
Meat, Fish,Poultry	30.86	28.40	(2.46)	-8.0
Meat Alternates	8.07	8.84	0.77	9.5
Cereal & Bakery	38.94	39.86	0.92	2.4
Citrus	8.89	8.03	(0.86)	-7.4
Other Fruit	20.16	15.74	(4.42)	-21.9
Potatoes	10.89	14.34	3.45	31.7
Other Vegetables	47.71	49.22	1.51	3.2
Fats & Oils	4.99	5.23	0.24	4.8
Sugar & Sweets	5.28	5.91	0.63	11.9
All Food Groups	221.34	220.39	(0.95)	-0.4

* Adapted from Agriculture Canada's Thrifty Nutritious Food Basket. Meets nutrient requirements of a family of four: man and woman (25-49 years); boy (13-15 years) and girl (7-9 years).

Appendix II

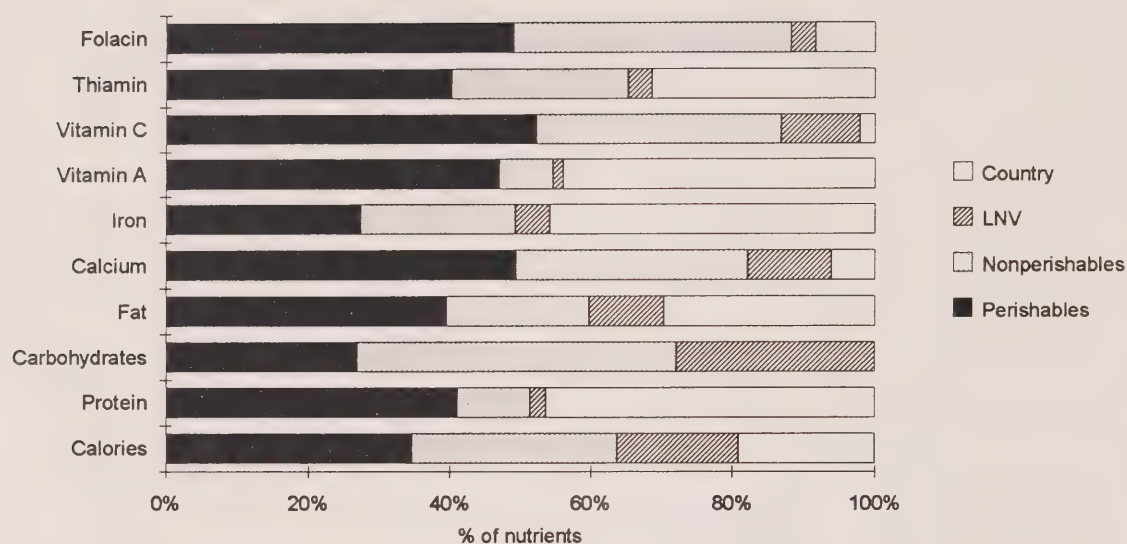
Figures

Figure 1. Smoking rates by age and sex

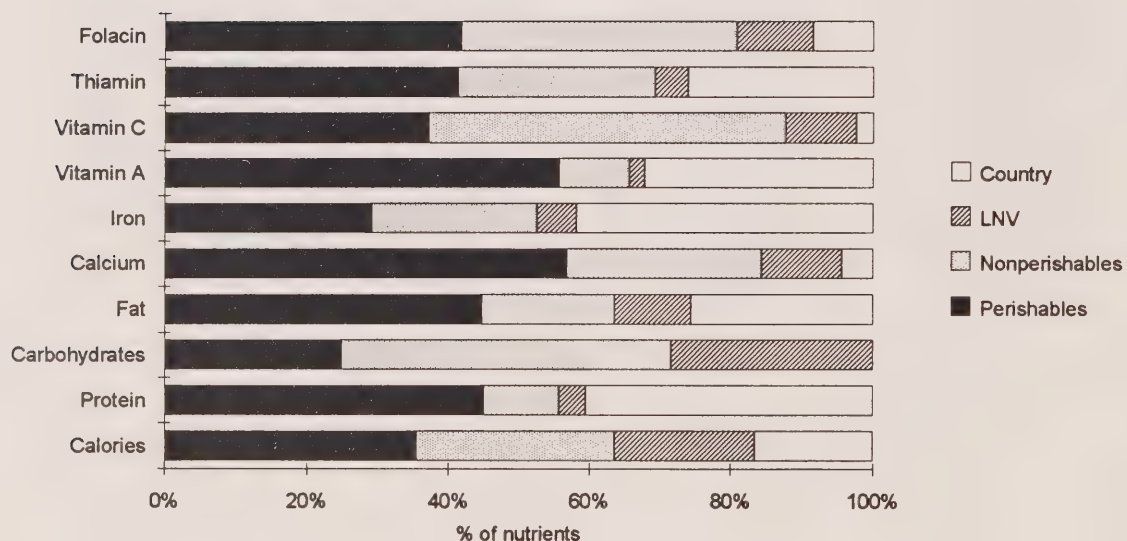


**Figure 2. Percentage nutrients from country and store foods for individuals < 45 of age:
a) females, b) males**

Females

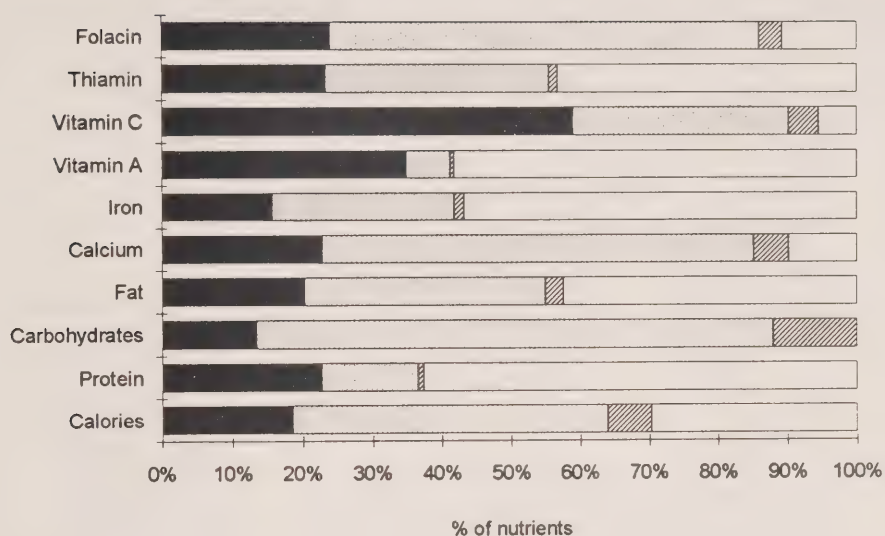


Males



**Figure 2. Percentage nutrients from country and store foods
for individuals 45 and over:
a) females, b) males**

Females



Males

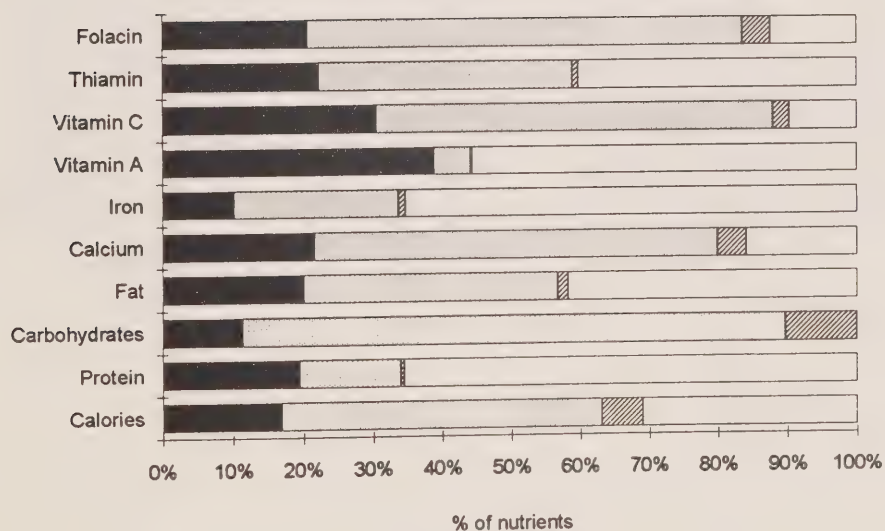


Figure 3a. Calcium intake as a percentage of RNI, by age and sex

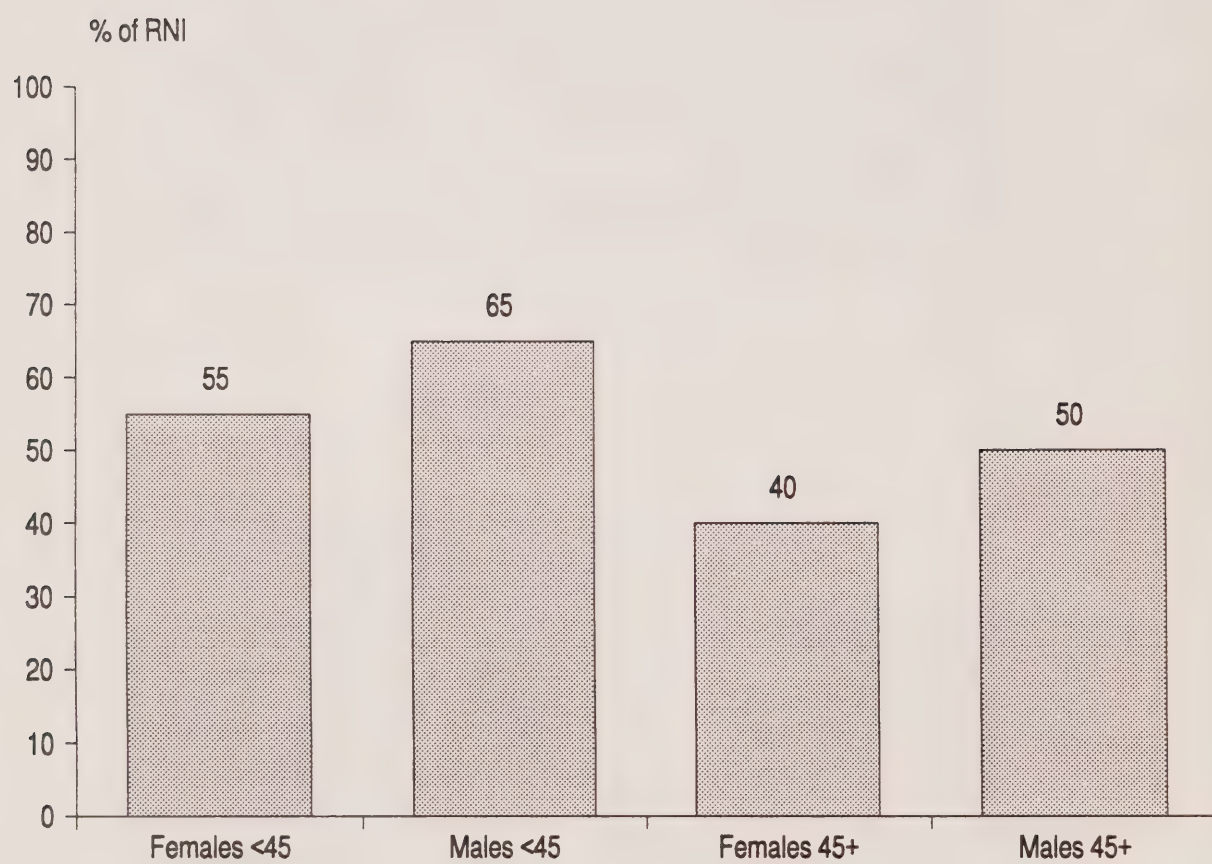


Figure 3b. Vitamin A intake as a percentage of RNI, by age and sex

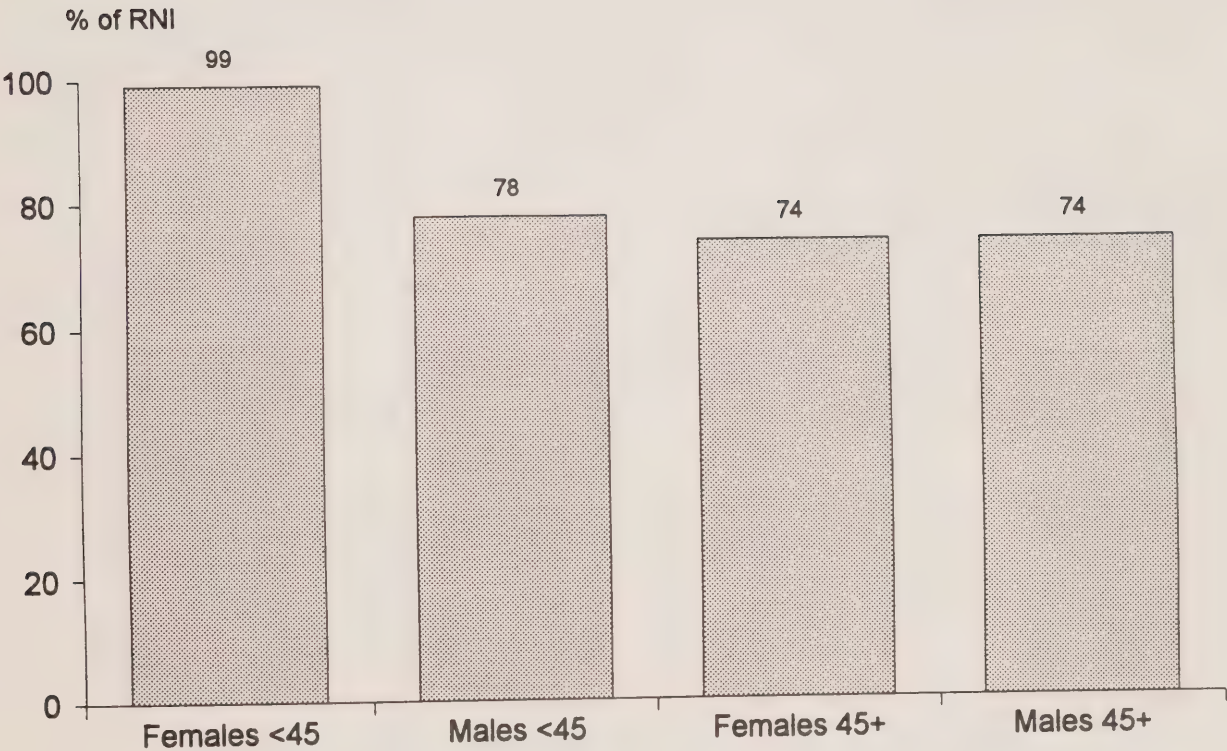


Figure 3c. Folacin intake as a percentage of RNI, by age and sex

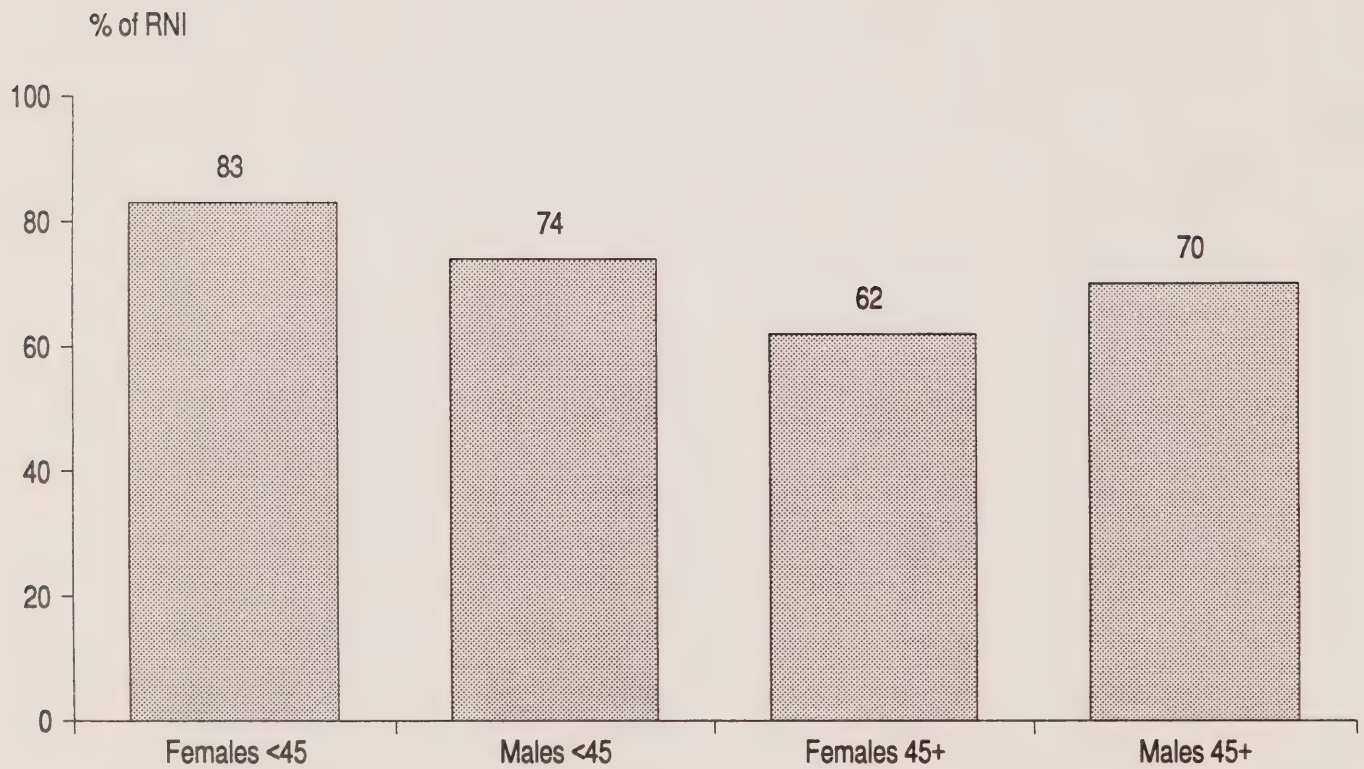
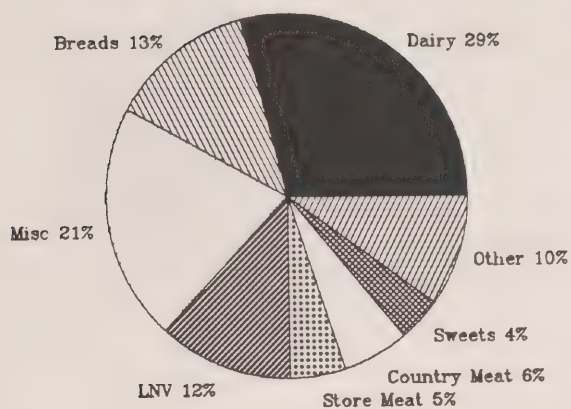
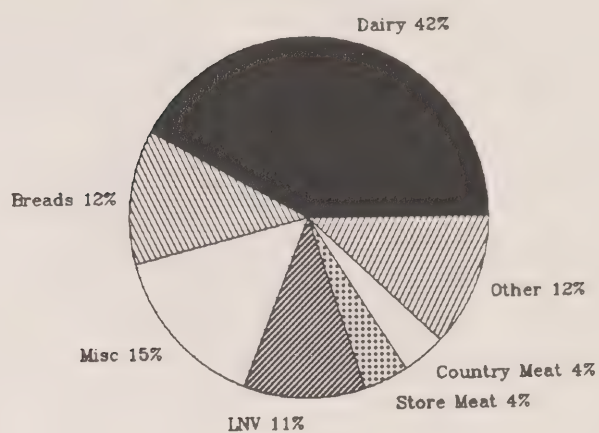


Figure 4. Sources of Calcium in the Diet

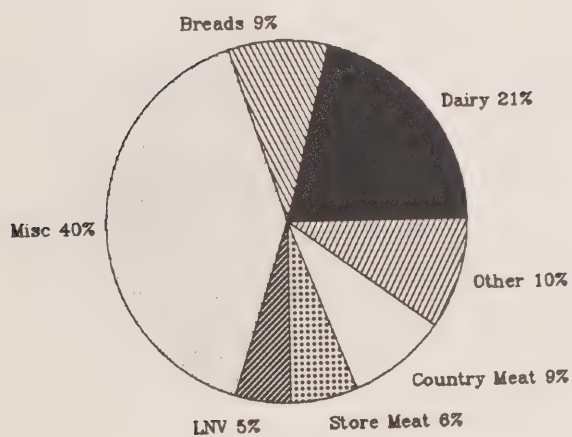
Females <45



Males <45



Females 45+



Males 45+

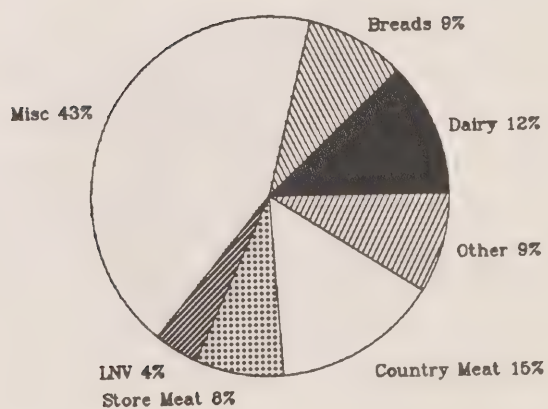
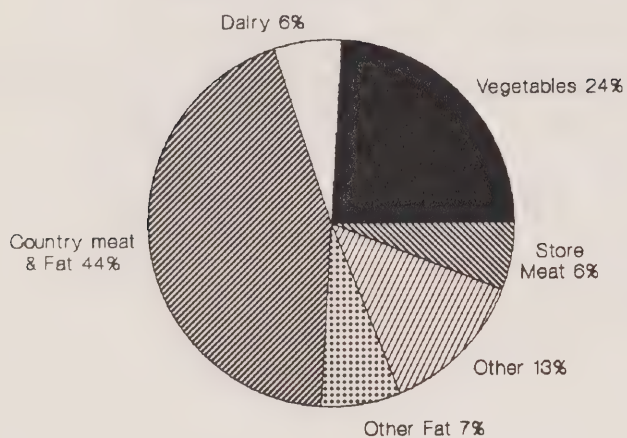
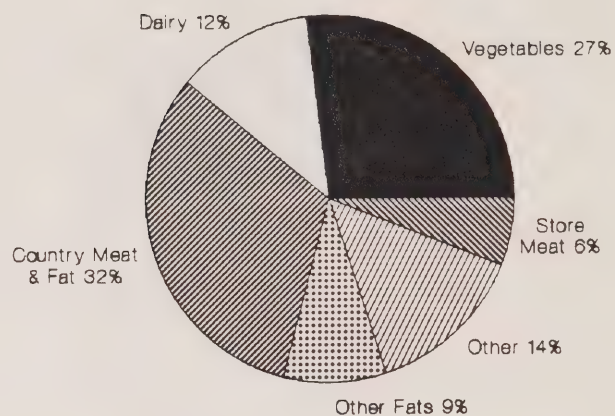


Figure 5. Sources of Vitamin A in the Diet

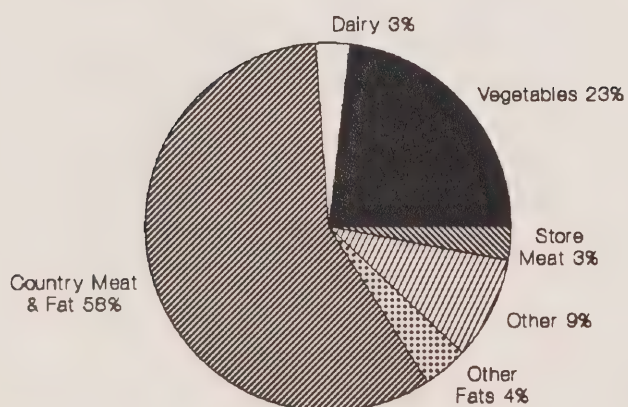
Females <45



Males <45



Females 45+



Males 45+

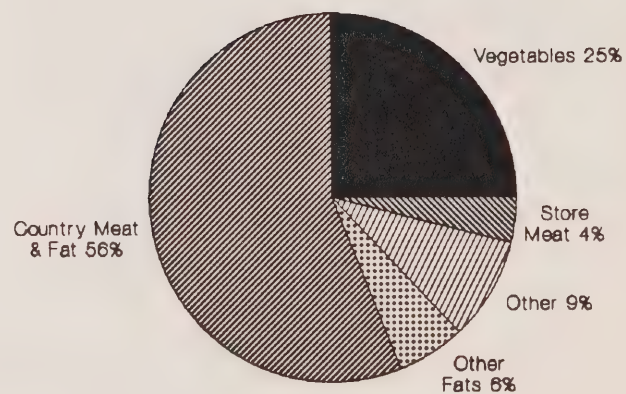
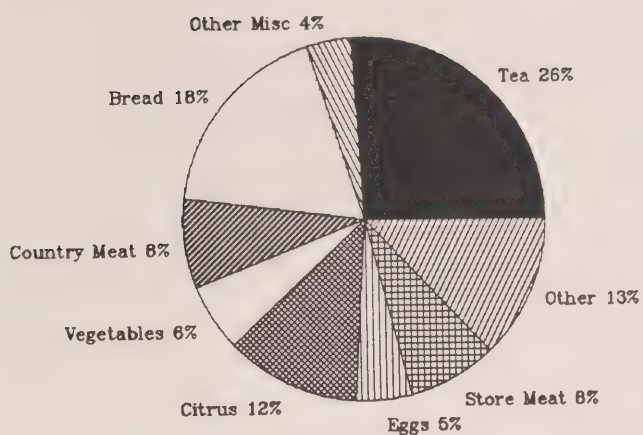
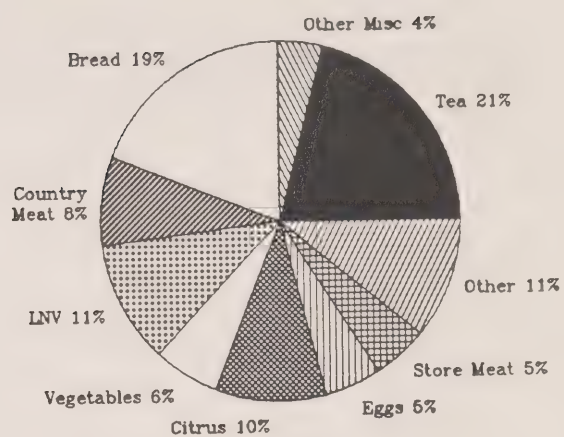


Figure 6. Sources of Folacin in the Diet

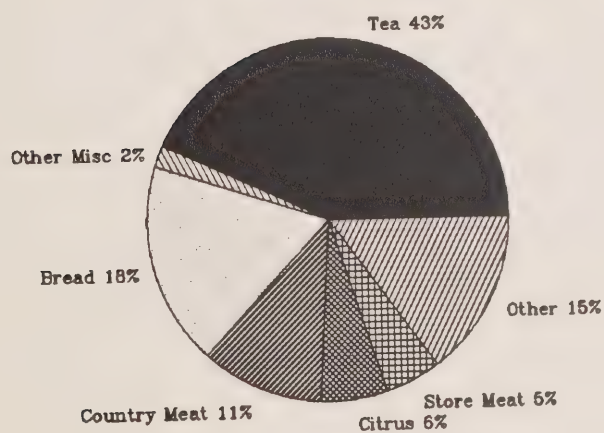
Females <45



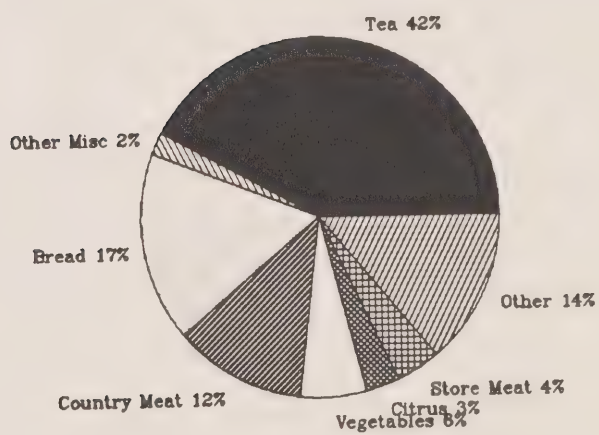
Males <45



Females 45+



Males 45+



Appendix III

Base Food Groups in the CANDI System with Food Mail Nutrition Survey Food Groups

BASE FOOD GROUPS IN CANDI SYSTEM WITH FOOD MAIL NUTRITION SURVEY FOOD GROUPS

D. Brulé and J. N. Thompson
Nutrition Research Division

Explanation of Lists

When foods are recorded for a survey in the CANDI system, they may be examined as BASE FOODS, RECIPES, BASE FOOD GROUPS or RECIPE GROUPS. The following lists are those of BASE FOOD GROUPS that can be used to identify the sources of certain nutrients according to age/sex groups, income, education, place of eating, etc. The BASE FOOD GROUPS system has been adapted according to the British and American food group systems. The food groups in the left-hand column represent the twelve categories we used to represent all foods.

Food Mail Nutrition Survey Food Groups	BASE FOOD GROUPS IN CANDI SYSTEM
Breads & cereals	01 PASTA, RICE, CEREAL GRAINS & FLOURS 01A Pasta 01B Rice 01C Cereal grains & flours 02 WHITE BREADS 02A White breads 03 WHOLEMEAL BREADS 03A Whole wheat breads 03B Other whole grain breads 04 OTHER CEREAL PRODUCTS 04A Rolls, bagels, pita bread, croutons, dumplings, tortillas, etc.* 04B Crackers & crispbreads 04C Muffins & English muffins* 04D Pancakes & waffles* 04E Croissants, pie crusts* 04F Dry mixes (cakes, muffins, pancakes) 05 WHOLE GRAIN & HIGH FIBRE BREAKFAST CEREALS 05A Whole grain, oats and high fibre breakfast cereals 06 OTHER BREAKFAST CEREALS 06A Breakfast cereals 07 COOKIES & BISCUITS, COMMERCIAL 07A Cookies* 07B Biscuits* 08 CAKES, PIES, DANISHES & OTHER PASTRIES, COMMERCIAL 08A Pies (e.g. Pop-Tarts)* 08B Cakes (e.g. frozen cake)* 08C Danishes, doughnuts & other pastries*
Dairy	09 FROZEN DAIRY PRODUCTS 09A Ice creams 09B Ice milk 09C Frozen yogourts

10 MILKS

- 10A Milk, whole
- 10B Milk, 2%
- 10C Milk, 1%
- 10D Milk, skim
- 10E Milk, evaporated, whole
- 10F Milk, evaporated, 2%
- 10G Milk, evaporated, skim
- 10H Milk, condensed
- 10I Other types of milk (soya, goat, buttermilk, etc.)

13 CREAMS

- 13A Whipping
- 13B Table
- 13C Half & half
- 13D Sour

14 CHEESES

- 14A Cottage cheeses
- 14B Cheeses, less than 10% M.F.
- 14C Cheeses, 10% M.F. to 25% M.F.
- 14D Cheeses, more than 25% M.F.

15 YOGOURTS

- 15A Yogourts, less than 2% M.F.
- 15B Yogourts, 2% or more M.F.

Eggs

16 EGGS

- 16A Eggs
- 16B Frozen egg substitutes

Fats

17 BUTTER

- 17A Butter

18 MARGARINES, TUB

- 18A Regular tub margarines
- 18B Calorie-reduced tub margarines

20 MARGARINES, BLOCK

- 20A Block margarines

21 OTHER FATS & SPREADS

- 21A Vegetable oils
- 21B Animal fats
- 21C Shortening

Meat, poultry, fish

22 BEEF

- 22A Beef, lean only
- 22B Beef, lean + fat
- 22C Beef, ground

23 VEAL

- 23A Veal, lean only
- 23B Veal, lean + fat (incl. ground veal)

24 LAMB

- 24A Lamb, lean only
- 24B Lamb, lean + fat (incl. ground lamb)

25 PORK, FRESH AND HAM

- 25A Pork, fresh, lean only

	25B Pork, fresh, lean + fat (including ground pork)
	25C Bacon
	25D Ham, cured, lean only
	25E Ham, cured, lean + fat
	27 POULTRY
	27A Chicken, meat only
	27B Chicken, meat + skin
	27C Turkey, meat only
	27D Turkey, meat + skin (incl. ground turkey)
	27E Other birds (duck, goose, partridge, ptarmigan, etc.)
	27F Birds, skin only
	28 LIVERS & LIVER PATES
	28A Livers
	28B Liver pates
	29 OFFALS (EXCL. LIVERS)
	29A Offals
	30 SAUSAGES (FRESH & CURED)
	30A Sausages and wieners
	31 GAME MEATS
	31A Game meats
Alternates	32 LUNCHEON MEATS (CANNED & COLD CUTS)
	32A Luncheon meats (bologna, salami, pepperoni, meat spreads)
	33 NUTS, SEEDS & PEANUT BUTTER
	33A Nuts
	33B Seeds
	33C Peanut butter and other nut spreads
Meat, poultry, fish	34 FISH
	34A Fish, less than 6% total fat
	34B Fish, 6% or more total fat
	35 SHELLFISH
	35A Shellfish
Vegetables	36 VEGETABLES (EXCL. POTATOES)
	36A Beans
	36B Broccoli
	36C Cabbage and kale
	36D Cauliflower
	36E Carrots
	36F Celery
	36G Corn
	36H Lettuces & leafy greens (spinach, etc.)
	36I Mushrooms
	36J Onion, green onions, leeks, garlic
	36K Peas and snow peas
	36L Peppers, red & green
	36M Squashes
Citrus	36N Tomatoes
	36O Tomato juice, vegetable juice
Vegetables	36P Other vegetables (cucumber, Brussels sprouts, beets, turnips, seaweed, etc.)

Alternates	37 LEGUMES
	37A Legumes (dried peas and beans, lentils, etc.)
	37B Foods made with vegetable proteins, coffee whitener*
Potatoes	38 POTATOES, FRIED
	38A Potato chips*
	38B Fried or roasted potatoes
	39 POTATOES (EXCL. FRIED)
	39A Potatoes
	40 FRUITS, RAW, COOKED, CANNED AND FROZEN
Citrus	40A Citrus fruits (oranges, grapefruits, lemons, etc.)
Fruit	40B Apples
	40C Bananas
	40D Cherries
	40E Grapes
	40F Melons (cantaloup, honeydew, watermelon)
	40G Peaches, nectarines
	40H Pears
	40I Pineapple
	40J Plums and prunes
	40K Strawberries
	40L Other fruits (blueberries, dates, kiwis, fruit salad, dried fruit)
Sweets	41 SUGARS & PRESERVES
	41A Sugars (white and brown)
	41B Jams, jellies and marmalades
	41C Other sugars (syrops, molasses, honey, etc.)
	41D Sugar substitutes (aspartame, dextrose)
	42 SAVOURY SNACKS
	42A Popcorn, plain + pretzels*
	42B Salty and high-fat snacks, including tortilla chips*
	43 CONFECTIONERY – SUGAR
	43A Candies, gums, etc.*
	43B Popsicles, sherbet*
	43C Jello, dessert toppings and pudding mixes, commercial*
	44 CONFECTIONERY – CHOCOLATE BARS*
	44A Chocolate bars
Citrus and Fruit	45 FRUIT JUICES
	45A Fruit juices
Sweets	46 NON-ALCOHOLIC BEVERAGES (SOFT AND FRUIT DRINKS, ETC.)
	46A Soft drinks, regular*
	46B Diet soft drinks*
	46C Fruit drinks*
	46D Other beverages (e.g., chocolate-flavoured beverage powder, instant breakfast)
Miscellaneous	47 SPIRITS & LIQUORS*
	47A Spirits (e.g. rye, gin, vodka)
	47B Liqueurs
	48 WINE*
	48A Wines

- 49 BEERS*
 - 49A Beers
 - 49B Ciders and coolers
- 50 MISCELLANEOUS
 - 50A Soups with vegetables
 - 50B Soups without vegetables
 - 50C Gravies
 - 50D Sauces (ketchup, soya, etc.)
 - 50E Salad dressings
 - 50F Seasonings (salt, pepper, vinegar, etc.)
 - 50G Meal replacements*
- 51 TEA, COFFEE & WATER
 - 51A Tea incl. iced tea*
 - 51B Coffee
 - 51C Water*
- 52 BABYFOOD PRODUCTS
 - 52A Babyfood products
 - 52B Infant formula
- 53 OTHER INGREDIENTS FOR RECIPES
 - 53A Spices
 - 53B Others (baking powder, yeast, etc.)
- 99 UNCLASSIFIED RECIPES IN CNF
 - 99A Mexican Recipes

* Some or all of the foods in this category were considered "Foods of Little Nutritional Value" (LNV). For more details, see Table 2 in Volume 1 of this report.

